

FAIR LADY

*Anne
Hathaway
blows us a
birthday kiss*

exclusive!

SUZELLE DIY
- AS HER
REAL SELF

THE
SCIENTIST
WHO SAYS
WOMENS'
(BIG) BUTTS
MAKE
CLEVER
KIDS

6 WOMEN
WHO STARTED
THEIR OWN
CATERING
BUSINESSES

happy
birthday
to us!
& 50 great giveaways for you

4 OF SA'S
LOVELIEST
CELEBRITIES
in 8 designer
dresses
(at special
prices
for you!)

HOW TO
MAKE
YOUR EX
WISH HE'D
NEVER
LEFT

GRAHAM
NORTON
ON DOGS,
DRINK AND
DIVAS

FRACKING:
HOW BAD IS
IT REALLY?

HAVE YOU
BEEN
MISDIAGNOSED?
what's wrong
with modern
medicine

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Happy
birthday
to us!

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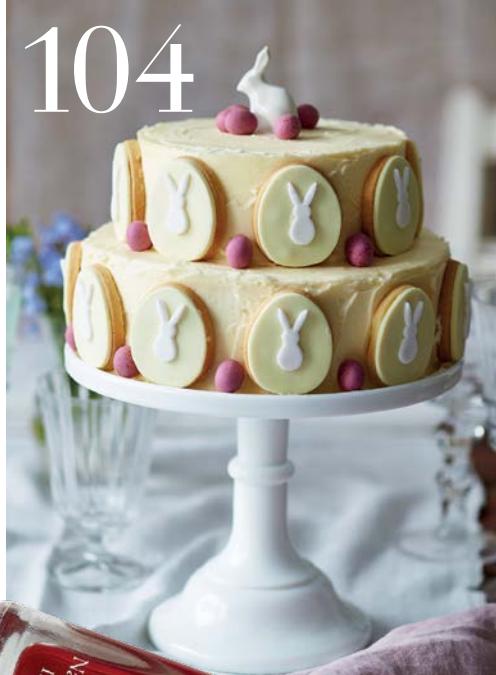
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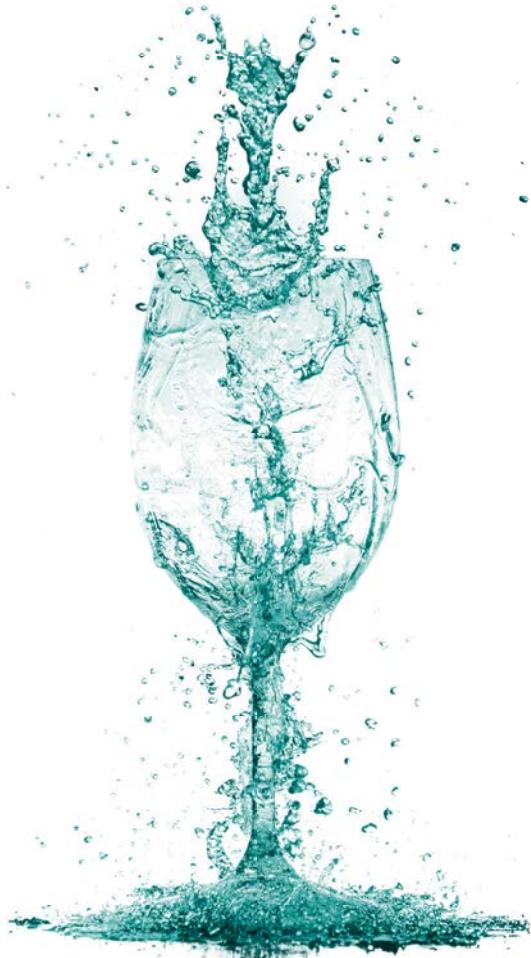


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HAIR: CHERYL PARKER. MAKEUP: ALGRIA FERRERA.



This month I'm loving...



1 FAIRLADY at 50! This is the first ever cover of FAIRLADY, in March 1965: a real measure of just how much things have changed over the past 50 years...



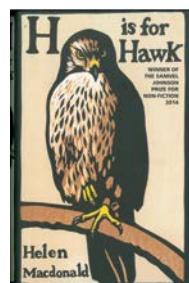
Clarins Blue Orchid Face Treatment Oil

This is the most amazing stuff. I've been using it at night recently, and it really does the trick. Despite the fact that we've long forgotten we ever had an end-of-year break – as have you, I'm sure – my skin still seems to think it's on holiday: all rested and plump (although the latter may also be thanks to the chocolate grappa...). Really good.



3

This Instagram post
Quintessentially South African, original and irreplaceable – that's us!



4

***H is for Hawk* by Helen Macdonald**

I love, love love this. Helen writes beautifully and unsentimentally, somehow managing to make two extremely personal things – her own devastation at her father's death, and her obsession with falconry – matter deeply to us. A truly amazing book.



5

Bottega Gianduia Chocolate Grappa

I've discovered it's an excellent dessert, too: not only do you have to do nothing other than provide glasses, it's a shot of deep, rich chocolate perfection that isn't overly sweet. Delicious!

FAIRLADY is 50 this year!

And, like all good 50-year-old women, we know we wouldn't be standing here without the support and love of our girlfriends, and that means YOU. Thank you for your generosity over the years – for sharing your hopes, your dreams, your sadnesses, your joys, your worries, your problems and your excellent solutions... the very fabric of your lives – with us.

You have made us what we are: an original and positively South African voice, offering strong, intelligent stories about the reality of living a productive and connected life right here and right now. After five decades, FAIRLADY is still the magazine for thinking South African women who need to engage as well as escape.

But enough about us – what about you?

When we're discussing the features we want to write, and the people we want to feature, this is the reader we keep in mind; this is who you are to us:

You're rainbow-coloured, urban, smart, warm, real. You're a modern South African woman who is passionate about her country, and wants reasons to be positive and optimistic about her future here. You may be in a relationship, you may be a mother and you may be a career woman, but you don't define yourself exclusively in any of those terms: you are more than all of them.

You're more seduced by real value than by hype, and more taken by kindness than by cool. You're health-conscious and active – and wish you were more so. You want more money, more time – and to lose five kilograms (why do we all want to lose five kilograms?!). You see yourself as part of something bigger: a relationship, a circle of friends, your family, your community, your country, the world. You define yourself by the strength of those relationships, and your connectedness to these things.

Thank you for defining who FAIRLADY is. We look forward to our next 50 years together!

Suzy

SUZY BROKENSHA
EDITOR sbrokensha@fairlady.com

6

4 fabulous celebrities
and 8 gorgeous dresses

When Mantsho, Leigh Schubert, Amanda Laird Cherry and Habits agreed to design 8 gorgeous red dresses for us to celebrate FAIRLADY's 50th birthday and offer them to you at a special price, we were thrilled – and the cherry on the top was when four of South Africa's loveliest celebrities (both inside and out), Jo-Ann Strauss, Lira, Vanessa Haywood-Sandes and Amy Kleinhans, agreed to model them for us. We're even more delighted that in keeping with FAIRLADY's stubborn belief that we can all change the world, a good percentage of the proceeds from the dresses will go to The Pink Ladies Organisation for Missing Children (<http://www.pinkladies.org.za>). Enough is enough.



CONNECT
SUPPORT
CELEBRATE!

To celebrate our 50th birthday, we teamed up with Spree.co.za to bring you a one-off designer dress collection by four of SA's top fashion designers. The brief? A red dress for a strong, beautiful woman. And who better to show them off than four of our fave SA faces? The designers are offering these eight gorgeous dresses for a special price on Spree.co.za. And we're spreading the love, too: a portion of the sales will go to The Pink Ladies, an organisation that supports their work to find missing persons.

Fairlady|April 2015 51



FASHION ED CARA-LEE GIVES US A PEEK BEHIND THE SCENES:

'It was utter excitement on set when we shot these four beautiful ladies. We also had a film crew following us about all day, so the energy was palpable! Getting a bunch of girls together, with loads of make-up, gorgeous dresses and shoes, and posing in front of the camera –



sounds like the perfect day to us! And the fact that we knew we were doing this for charity made it even more worthwhile. It's not all glitz and glam though; long days like these are hard work, but our celebs were real troopers! So click click, get shopping!'



MAKEUP ARTIST
KELLI PAITAKI
WORKING HER
MAGIC.



JEANNIE D CHATS TO HER TOP BILLING CO-PRESENTER, JO-ANN ABOUT HER DESIGNER DRESS.



FAIRLADY BRAND MANAGER
ROXANNE CLOETE, AMY KLEINHANS
AND CARA-LEE RUDITZKY.



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*Awards granted by the international press to Clarins Double Serum since 2013. 1. Satisfaction test, 197 women. 2. Satisfaction test, 126 women, 4 weeks.

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CLARINS

have your say

winning letter



FAIRLADY article saved my life

It was as if your article 'PCOS 101' (November 2014) was written especially for me. As a fairly healthy 23-year-old who has suffered with menstrual-related issues for many years, I thought I had polycystic ovarian syndrome (PCOS) because the symptoms you mentioned matched mine.

I was so scared that I went to the gynae.

I thought for sure she'd confirm I had PCOS – but she found a six centimetre cyst on my left ovary. I was overcome with emotion. A week later I had surgery to remove it and the doctor said had I not come in to see her, the cyst could have ruptured and I could have lost the ovary – and possibly my life. I want to thank FAIRLADY for that article because it literally saved me. I want to encourage all young women to visit the gynaecologist and not be afraid, because it might just save your life!

Kareesha, Cape Town

Ed: What an incredible story! We are so glad our story resonated with you – but even more delighted that you sought help as quickly as you did.

YOUR FABULOUS PRIZE IS... A TITAN EDGE WATCH VALUED AT R4 250!



The Titan Edge is a great conversation starter as it is the slimmest quartz watch in the world – a mere 3.5mm. Elegance and sophistication is what it's all about. Crafted out of solid steel with rose gold PVD and scratch-resistant sapphire crystal glass, this chic timepiece proves that less is definitely more.

Mandela understood the need for quality education

The late Nelson Mandela initiated the building of Mandela School of Science and Technology in Mvezo with Siemens, because he grew up in that part of the country when there was no high school, let alone a science and technology facility. This new high school will help children and parents from rural Eastern Cape who can't afford to send their children to schools further away. I would not have known about this school if it wasn't for your article (December 2014) comparing what R100 million meant to Madiba and current president Jacob Zuma.

Mpolwane Abongile Angel, Franschhoek

Ed: We thought it was an interesting comparison. Education is so vital in SA, and this is such a good step in the right direction.

Response to 'Should your teen take a gap year?'

My daughter Amy took a gap year in 2004 – with my whole-hearted blessing. She went to the UK to reconnect with relatives, made friends, found a part-time job and even paid her own board and lodging once she could. When she came back she did a BA at UJ and graduated cum laude. She's now a marketing

Should your teen take A GAP YEAR?



manager at just 29. I'm convinced her gap year was a huge benefit to her.

Jane Schoeman, Johannesburg

Ed: I watch friends' kids leaving home and it seems so hard for both – but it's a huge part of taking responsibility for yourself. Well done to you both!

Online

WE ASKED: How do you plan your day out – with a diary, to-do list or scheduling app? Or do you tend to just wing it?

'Lists, lists, lists! On my phone, desk diary and good ol' page just to make sure I don't forget anything.'

– **Mandy Bowers Heynes**

'I set up a few appointments, normally in the same area, and then use my time between the appointments to complete other tasks. Efficient, effective and I save on petrol.' – **Roxanne Coutts**

'For me, it's a mixture of a to-do list and winging it.'

– **Natasha Ronald**

We love connecting with you online. Join the conversation on Twitter and Facebook.



There are so many platforms to connect with FAIRLADY and share your opinion. Visit us on www.facebook.com/fairladymag or www.twitter.com/fairladymag and tell us what you think of our latest issue or an article you enjoyed. Got more to say? Email us at letters@fairlady.com!

Youthful looking eyes are in sight.

NEW

Super Restorative Total Eye Concentrate

Clarins Research throws new light on age-defying eye care and introduces Super Restorative Total Eye Concentrate. A powerful, youth-activating cream to target the complete eye contour area from temple to temple.

An innovative combination of organic harungana extract and cassie flower wax replumps and enhances by visibly reducing fine lines and wrinkles. Upper lids are instantly lifted while dark circles and puffiness are improved. See the results for yourself. Youthful, brighter-looking eyes, day after day.

94% of women were satisfied from the 1st week*.

*Satisfaction tests, 379 multi-ethnic women, "overall product satisfaction" response.



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*Our 6-week LCHF
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designed for women!*



WHAT EXACTLY IS **LADIES THAT LCHF (LTL) ?**

*We're so glad you
asked – because it's
designed especially
for you if you're:*

- wondering why you aren't losing weight – even though every man you know seems to lose as soon as he so much as says 'LCHF'
- not sure exactly what – and how much – you can eat
- struggling to plan meals and come up with recipes for your LCHF lifestyle

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CONTACT **US**

- For 6 weeks, you don't need to think about what to eat: we tell you exactly what to do – and how to do it.
- You become part of a great community of women who are experiencing exactly what you are, and who have fabulous hacks and tips to share!

PLUS!

- There are actually 8 weeks in total: you pay for six, and you get an extra two weeks of support completely free!
- There are no set dates – you can sign up for any Monday that's most convenient for you
- All this for just R600! Yes, that's right: R600. That's all it costs.

EACH WEEK YOU GET:

- **A WEEKLY LETTER** explaining your week ahead – with some excellent advice and tips to get you set
- **AN INSPIRING WEIGHT LOSS STORY:** read about other Ladies That LCHF and share in their success
- **A WEEKLY SHOPPING LIST**
- **A MEAL PREVIEW** of the week & **RECIPES** for every meal
- **A GREAT READ**
- **A FRIDAY WEIGH-IN**
- **ACCESS TO OUR ONLINE FORUM**

*What are you waiting for?
Sign up to change your
life and health forever.*

PHOTOGRAPH: GALLO/GETTY IMAGES



*you cherish the
LOVE & FRIENDSHIP
you create*

*introducing
AVON Cherish*



AVON *you make it
BEAUTIFUL*

hot off the BEAUTY DESK



PHOTOGRAPH: ANEL VAN DER MERWE

Dreamy skincare products, a musky, white floral fragrance and a new 'beauty bible' are top of our list this month.



Tip

Looking for a natural, 'no makeup' look? CC creams are ideal if you like the look of a tinted moisturiser but need a bit more coverage. Plus, they address concerns like age spots and discolouration - 'CC' means 'colour correcting'. Before buying a CC cream, test it out to make sure you're getting the coverage you want.



Cleansing Face Oil, R79.95, lipidol.com

fashion UPDATE

1 Designer to watch

Our very own ex-fashion editor Chu Suwannapha launched his highly anticipated menswear collection earlier this year at SA Menswear Week. Chu is known for his unique way of wearing print on print and, naturally, that's what we saw on the catwalk when he debuted his label, CHULAAP. 'CHULAAP means luck and success, and my first collection is all about celebrating Africa,' says Chu.



2 IN OUR FASHION CLOSET

This trench landed in our fashion closet this month and we just had to show you – gorgeous, isn't it? It's the perfect coat for winter and, with the cold weather approaching, we think it's a great investment piece. R3 499, Witchery, Woolworths



3 WIN! WITH CROCS

Three lucky readers will each win a Crocs Colorlite handbag and pair of Adrina III flats to the value of R1 250. **HOW TO ENTER:** SMS the keyword **CROCS**, along with your full name, physical or postal address and email address to 33136. SMSes cost R1.50. Free SMSes don't apply. **CLOSING DATE:** 30 April 2015. For rules of the competition, see page 145.



4 Workout Gear

Not feeling up to going to the gym? Motivate yourself with some fun new workout gear...

MAAJI STUDIO COLLECTION

is all about having fun with prints. They are multi-functional – so you can get kitted out for yoga and swimming or running and surfing.



COTTON ON Body

Active has something for everyone, whether you prefer a vest or a long-sleeved tee; shorts or capris. Bonus? They're fashionable too.

SPORTS BRA (R249)
TIGHTS (R299)

THE COUNTRY ROAD Active range is also relatively new to the South African market, and we are loving the solid colour palettes, clean lines and fabrics that allow your skin to breathe while training.

TOP (R549) TIGHTS (R599)





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Buyisiwe Sondezi

This quantum physicist graduated with a PhD in experimental physics. Not only is her research groundbreaking, she is also the first woman in Africa to be granted a doctorate in the field.

It took seven years to complete my degree. My focus was on Rare-Earth materials, specifically magnetic compounds and how they behave at low temperatures.

The only reason I did science in high school was because I was determined to find the cure for Aids! I wanted to become a doctor and go into medical research and be the first to find the cure. I didn't end up doing it, but it was the driving force behind my love for science. Little did I know I would be the first woman to graduate in my field.

I have two daughters aged 16 and 12. The oldest wants to be a lawyer. I'm not surprised: I think I may have put her off science by taking her to the lab every day as a child. Our lives are an endless balancing act of experiments and homework.

I live for the results, and in the case of my PhD, they were groundbreaking. We found that magnetic compounds behave differently at extremely low temperatures. These results are phenomenal because they haven't been observed before in these kinds of materials. New additional theories are being estab-



lished because of these discoveries. Due to the behaviour of materials at extremely low temperatures, a number of applications for various materials can be investigated with the aim of extending our resources.

Unfortunately women are under-represented in the sciences and trying to change that is a big passion of mine. I am starting an initiative to encourage more women students to enrol in sciences at a first-year level. I think if we can inspire them at an early stage of their career it will change the perception that science is difficult and only for boys.

Just because I've finished my degree doesn't mean the investigation is

over. We now know that Rare-Earth materials behave differently at low temperatures but we must continue with research to investigate whether there are other similar materials that behave in this manner, and also to strengthen our findings and theories in finding more on the origins of such remarkable observations.

My second passion is education. I am a lecturer at the University of Joburg; I teach first-year physics and second-year laboratory sessions. I'm also doing a research project which examines the knowledge base of students coming to university for the first time. We are looking at the gap between high school and university and how to bridge that gap. ♦

A question of taste



Owner:
Blinde Davidson

Business:
A Food Affair

Just after we married, my husband and I moved to Cape Town and I needed to find work,' says Belinde.

As her passion is food and events, it made sense for her to start her own catering company.

'I was always part of the hospitality industry and food has always been my hobby so I thought, "Why not start my own business?"' she says.

Blinde began A Food Affair in 2001 with great enthusiasm, which didn't necessarily serve her well.

'You can get so excited about things taking off, but then overlook crucial things because of it,' she says. 'It's also so easy to get overwhelmed with emotions as an entrepreneur.'

Finances were a major issue for her – particularly as the equipment she needed was so expensive. She warns about the importance of managing your money properly. 'It is critical. People don't always understand what profit means. Just because you are seeing money come in doesn't mean it's there,' she says.

She explains that it's imperative to keep on top of things if you're going to achieve your business dreams.

'Never take your eye off the goal. And plan, plan, plan. Entrepreneurs need a detailed business plan. Understand all the elements of it because you need to know what you're doing and keep reminding yourself of where you are heading,' she says.

But despite the challenges, Belinde assures us it's all worth it when a client offers positive feedback. 'I just love it when someone takes a bite and says, "Oh wow! This is amazing!"'

Start-up: R250 000 for equipment (estimated).

Profits: Belinde makes enough profit to satisfy her lifestyle.

Owners: Koelsum Ryklief & Adilah Samie
Business: *K-Line Catering*

In 1986, Koelsum decided to use her cooking skills to help her husband financially.

'I started carting around my pies and samosas to sell at office parks. It was a very small start but people genuinely liked the food and I started receiving quite a few orders,' says Koelsum.

It wasn't long before she had



'Exercise self-discipline: don't buy that fancy car or go on a nice holiday – it's all about sacrifice, sacrifice and more sacrifice.'

SISTERS KOELSUM
RYKLIEF (LEFT)
& ADILAH SAMIE

a major breakthrough. 'What really got business going was when a freight company asked me to cater for a big meeting. Other companies were there and because everyone really enjoyed the food, they started ordering from me,' she says.

By 2006 business was booming to such an extent that Koelsum recruited her sister, Adilah Samie, as a partner.

Joining the business was not an easy decision for Adilah, but after persistent sisterly persuasion, she agreed. 'I was in a corporate job at the time and I was very nervous about leaving my steady income,' says Adilah. 'I told Koelsum I didn't think it was a good idea – I had many financial burdens – but she convinced me to give it a try,' says Adilah, 'And I don't regret it at all.'

Any advice for others starting their own business? 'Exercise self-discipline: don't buy that fancy car or go on a nice holiday – it's all about sacrifice, sacrifice and more sacrifice,' says Adilah.

'You have to keep up with trends,' adds Koelsum. 'Our banting platters, which bring in tons of business, were a great innovation.'

The sisters make sure their staff enjoy coming to work and believe that the 25 people they now employ are the backbone of the company.

'Our first priority is our staff. If your staff are unhappy, your business won't be successful. We rent office space in Airport City because most of our workers live in the townships close by and can walk to work,' says Koelsum. 'We wouldn't be able to do any of this without them.'

Start-up costs: R200 to make the first order – Koelsum used her home kitchen and equipment.

Profit: Koelsum and Adilah make enough profit to grow the business.



Owners: Janine Riva (right) & Claire Moulder
Business: Just One Byte

It was risky to start my own business – but I needed to do it,' says Janine. With a National Diploma specialising in Food Service Management from hotel school, she used her knowledge and skills to start Just One Byte.

Her small beginnings have kept her humble, she feels, and grateful for the momentum her catering and events company has since gained.

'I started selling sandwiches in baskets. More and more people liked what we made, so Just One Byte grew from there,' she says proudly.

But she's quick to add that the success of the company wouldn't be guaranteed without her assistants Morine Dube and Faith Ndebele and her partner, Claire Moulder. 'I couldn't have done it without Claire, whom our customers absolutely love. Oh, and she makes the best éclairs.'

Claire does the creative side of

things, like garnishing and making the food look pretty, says Janine. For Claire, being in this industry is what she had always imagined for herself. 'But besides getting to make and present the food beautifully, my favourite part is meeting new people all the time – I just love it,' she says.

Janine and Claire say patience and commitment are important for surviving and enjoying what you do. 'Catering is fast-paced, creative and challenging. You must be dedicated if you're going to last,' says Claire.

'In the food industry, the quality of your work speaks for itself. Your work is your best chance of getting more bookings,' says Janine.

'After the hard work and long hours, it's amazing to see it all come together in the end,' adds Claire.

Start-up: About R15 000
Profit: Variable

'I had to understand my strongest point: cooking. And I had to outsource the rest of the skills needed to achieve my goals.'



Owner: Zandi Mosia
Business: Bokhabane Catering

When Zandi couldn't find a suitable venue or catering for her child's birthday party, she knew that with her background in events management she had the solution for others who were experiencing a similar frustration.

So she started Bokhabane Catering in 2011. Based in Johannesburg, Bokhabane offers a hiring and catering service for both private and corporate events.

First off, Zandi acknowledges the difficulties of the industry.

'It's not an easy business to be in. I cater for different cultures and I have to make sure that I understand what different people want. It's a constant learning process.'

Also, it comes with a major responsibility to deliver quality. 'You have to make sure your food is amazing. And you don't want people getting food poisoning!'

Her urge to create tasty treats and delicious dishes is what keeps her and her business going. 'I just love what I do. I love cooking – it's who I am,' says Zandi.

While her passion is what she thrives on, her business needed more than just a good chef to succeed.

'I had to understand my strongest point: cooking. And I had to outsource the rest of the skills needed to achieve my goals,' she says.

Start-up : Very little – she used what she had in her kitchen.

Profits: Variable

DIY?

Because anybody can.

She taught us all how to make a braai pie (there's it!) and replicate her over-the-top hairdo (Suzelf Yourself!), but actually there's much more to YouTube sensation Suzelle than a love of do-it-yourself projects.



Someone must have sent you the video by now – of local DIY guru Suzelle rewiring a plug, whipping up a braai pie or peeling apples with a drill. Or the one where she enlists the help of her camera-shy friend Marianne (shame) to show you how to get fluff off your jersey. If not, treat yourself – check out www.youtube.com/user/SuzelleDIY. The girl from Somerset West with the thick Afrikaans accent has made it big.

But – brace yourself – the truth is this: Suzelle is the creation of Cape Town creative Julia Anastasopoulos and her boyfriend Ari Kruger. (That Dialdirect ad with the little boy may have tipped you off already – doesn't the mom look familiar?)

'Some people are convinced

Suzelle is real,' says Julia. 'They'll come up to me and say: "Oh my God, Suzelle! Can I have a photo?"' Or, 'I saw you in a Dialdirect ad – that's so weird!'" In reality, Julia is a trained actress – she studied drama and performance at UCT.

'Initially, we wanted to maintain a bit of mystery around Suzelle – this is the first interview I've done as myself,' says Julia. 'If I'm dressed as Suzelle and people engage with me, I'll stay in character. But I don't really like to mislead people – I've never been cool with that. So I'm glad the ad came out and people know it's me – and can see I have some range!'

So where did Suzelle come from? 'My boyfriend Ari is a director and we really wanted to make something together that would sharpen our skills,' explains Julia. 'He can direct and edit, and I can act. One weekend,

'If I'm dressed as Suzelle and people are engaging with me, I'll stay in character, but I don't really like to mislead people – I've never been cool with that.'





THIS PIC: THE WIMMELBILDER MURAL IN CAPE TOWN'S THE BOOK LOUNGE. RIGHT: FROM JEFF AND GEORGE. BOTTOM & FAR RIGHT: A LOGO AND CHARACTER JULIA DESIGNED FOR PRESENTS IN THE POST.

we had nothing to do so we decided to make something. We love playing around with characters and accents – we're always talking in accents! – and one of them was this Afrikaans girl, who we loved. Eventually she even had a name: Suzelle. It had to be something that sounded Afrikaans but that was also quite fabulous.'

They decided to do a DIY show, starring Suzelle. 'We thought it would be amazing to create this character who did these video tutorials, and then when people googled a DIY project, the video would come up. I wanted everything to be funny but also useful. It also suits Ari's style, which is quite choppy and closely edited.'

It helped that Julia had a knack for DIY projects. 'Ari used to tease me because I'm quite clued up on DIY, so I know how to do all that stuff,' she says. 'I always have a useful tip. Suzelle is actually real – it's me!'

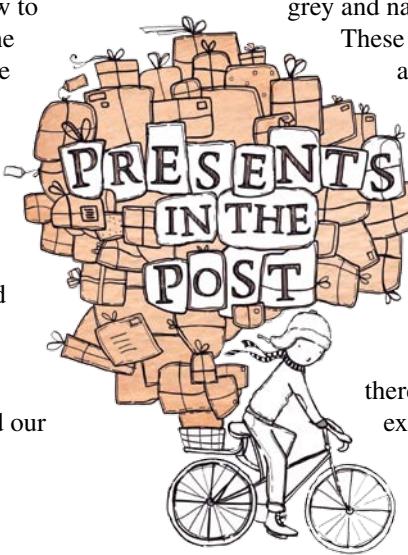
The two shot a few bite-size DIY tutorials and shared them online. 'We started posting them on Facebook, and our friends and our

moms would "like" them,' Julia laughs. 'We wanted to see what would happen. Then a couple of local blogs picked it up. We couldn't believe it. People went absolutely crazy over the braai pie tutorial – we didn't think it was the best one, but people here love anything braai-related. I still can't believe so many people know and engage with it. It blows my mind.'

If you watch the very first videos now ('How to drill a hole without making a mess' and 'How to make curls with a GHD'), you can see how Suzelle has evolved. 'The first ones are different because we hadn't quite found the character and the style yet,' says Julia. 'Ari thought we should make me look completely different from myself, so I wore very bright colours – I generally wear black, grey and navy all the time!'

These days, Suzelle has a trademark look.

'It's become very 1950s. And the hair! Ari was always telling me to make the hairstyle bigger, so it just got bigger and bigger. And, of course, there is always an extravagant hair clip.'



The two even have Suzelle's back story all figured out. 'Suzelle lives in Somerset West and works in a guesthouse (called Somerset Guest) during the day, which gives her time to be on the internet, looking for DIY inspiration. Her neighbour Hennie shows her how to film and put stuff on the internet and she dreams of having a DIY show. She's got a best friend Marianne and loves to go for *koffies* at Mugg & Bean.' And, says Julia, she is definitely single. 'Shame, Suzelle. She just tries a bit hard.'

As for Suzelle's camera-shy friend Marianne, the two are also friends in real life. 'She is my best friend, but she's not at all awkward in real life,' laughs Julia. 'I was at school with Gina, and we used to talk about doing a two-woman show when we were at drama school. Ari and I wanted to introduce a new character and we just thought Gina would be so brilliant. She does that awkward thing so well.' Julia loves having someone to play off on-screen, but says it's unlikely that Marianne will ever speak. 'We think that maybe if we ever do a Suzelle movie, Marianne should say something very profound, right at the end,' she says.

Ari and Julia love working little personal jokes and real-life details into the show. 'For instance, Marianne works at a salon for cats and



THIS PIC & BELOW: THE GRAND-SCALE MYCITI MURALS COMMUTERS PASS EVERY DAY ON THEIR WAY TO WORK.



dogs, whereas Gina owns a hair salon – for humans – called The Fox & Vixen. And Bakkies is really her dog! His real name is Tyrion, but Gina has a cat called Bakkies and we just thought it was such a funny name that we renamed him for the show.’

Marianne is a firm favourite with Suzelle fans. ‘When we’re together in public, people can’t cope!’ says Julia. ‘We were shooting the other day, and Gina was there in her polo neck, and the people next door spotted her and shouted, “Hey, it’s Marianne!”’ She just stared at them silently and waved awkwardly, like Marianne would. It was hysterical.’

When she’s on her own, Julia mostly manages to remain incognito. ‘People don’t really recognise me, but sometimes I’ll spot someone staring at me blatantly – they know

they recognise me from somewhere, but they can’t think where.’

Creating her own opportunities is not new to Julia. After her degree in 2004, she was at a bit of a loose end. ‘It was quite a shock, to suddenly be in that competitive world of castings and auditions,’ she says. ‘It’s a weird industry, and it can be quite judgy on the way you look.’

Luckily, she had more than just the one skill. ‘I’ve been drawing for as long as I can remember,’ she says. ‘My mom was an art teacher and we’re all very artistic. I think my dad really hoped I would go down the fine art route – he’s an engineer but is very artistic and has a keen design sense. I think there’s a lot of him in me; our mannerisms, the way we look, our dry sense of humour and the way we see things. There are

many similarities with me and my mom as well, though – we both make things and love going to secondhand shops.’ Julia’s sisters, Angela and Stephanie, are also creatives.

Julia soon found herself doing more drawing than acting. ‘A lot of us were making our own work. Having a theatre background sets you up for so many things – everything is heightened and quite extreme and there’s never any money! I slowly started doing more design stuff – I was still affiliated with the theatre, but more on the design side: set design, costume design... that kind of thing.’

Julia started her own design label, Knolc. ‘Back in the days of predictive text on Nokias, my sister would type “Jules” or “Julie” and it kept coming up as “Knolc” so she started calling me Knolc,’ she explains. ‘And that became my label. My surname is so long and hard to pronounce that it could never be my design name.’

Julia describes her illustrations as ‘intricate, fantastical, activity-filled line drawings that often include landscapes and cityscapes’ – a style the Germans refer to as a ‘Wimmelbilder’: an image that teems with people, buildings and other objects. ‘I think it’s a good description of what I do.’ She’d just done a children’s exhibition at Whatiftheworld Gallery when the



Book Lounge, Cape Town's famous bookshop, asked her to draw a mural for them. 'That really helped put me on the map – I got so much work from it. Years later, I was commissioned to do a mural for one of the MyCiti bus stations: four huge walls. They'd seen the mural and asked me to do it on a much bigger scale.' You can still see Julia's murals – seven-and-a-half metre cityscapes towering over commuters at the Civic Centre bus station in Cape Town. 'It was an amazing job – very challenging, but very rewarding and cool. I still can't believe that I actually pulled that off. Those walls are massive – I drew and drew and drew and drew!'

Even though her illustration business was thriving, Julia kept going to auditions as well. 'I've always been doing a bit of acting on the side. As soon as you don't let castings get to you and you just go with it, the work comes. I love being on set. Also, the money is amazing. Sometimes you can do a one-day shoot and make enough money to support yourself for a month and a half. So if I get a couple of commercial jobs in a season, it means I can take on a few artistic projects that don't necessarily pay as well.'

One such project was a children's book called *Jeff and George*. 'I was at drama school with Emily Child and she wrote this children's book and asked me if I wanted to illustrate it,' says Julia. 'We put a little proposal together and submitted it to Penguin,



LEFT TO RIGHT:
WITH BEST
FRIEND GINA
(AKA MARIANNE)
AND TYRION
(AKA BAKKIES);
PEELING APPLES
GLAM DIY-STYLE;
SUZELLE IN
ONE OF HER
CHRISTMAS-
THEMED VIDEOS,
WITH A HAIRCLIP
TO MATCH



Favourite illustrators: 'Saul Steinberg, who was a cartoonist for *The New Yorker*. I also love Oliver Jeffers and Raymond Peynet. I love when the pictures tell the story, rather than the text.'

TV show: 'I just started watching *Broadchurch* – it's a very good British crime series. *Girls* is a good one too. And I'm a big fan of *Masterchef Australia*.'

Latest DIY adventure: 'I just sewed some block-out curtains which took a very long time!'

Biggest DIY fail: 'How to fold a fitted sheet. It's very hard! There's a trick to doing it neatly, but I haven't quite gotten the hang of it. Ari can do it perfectly!'

Dreams for the future: 'I would love to bring out an illustrated range: prints, canvas tote bags and finger puppets. And it has always been a huge dream of mine to write and illustrate a children's book. I love children's books in general, and the art in children's books has always inspired me. I've got a million titles and ideas in my mind, but I still haven't gotten around to it.'

and they picked it up quite quickly, which was amazing.' The book, which is set in Cape Town, is about a little boy Jeff and his best friend George, a tiny springbok. 'It's raining and the wind is howling and they've run out of things to do inside, so they decide to build this rain suit/totem pole thing so they can go out,' says Julia. The story is sweet and simple, with detailed drawings. 'I love including little details – for instance, in *Jeff and George* there's a little family of mice that are hidden away on every page. We're hoping to make it a series, but at the moment we're still chatting about that.'

For the time being, however, Suzelle has taken over. '2015 is for Suzelle,' says Julia. 'She has infiltrated my life in more ways than one! Bright Suzelle is just everywhere I look – there's a whole rail of her clothes in my bedroom. We've chosen to ride the wave and see where it takes us.'

Ari's loft has been converted into Suzelle headquarters, and he co-writes, edits and directs the videos. Julia has even roped her sister Steph into helping with admin and styling. 'If Ari and I answer emails all

day, it's hard to be creative.' Big brands have also approached them with offers of sponsorships. 'A lot of brands want to use Suzelle to get people to engage with their products. So far we've done four episodes with Takealot, but we were very careful to keep their involvement subtle. It worked quite well in the end.'

Next up for Suzelle is a DIY book, which will be released by NB Publishers later this year. 'We have 280 pages to fill, so we're researching our asses off!' she laughs. 'Fans send us stuff to do, which is cool, and the rest is stuff we genuinely want to figure out. I want everything to be legitimate and handy.' ♣



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outdated?

The truth is, yes. Whether you've felt that Google offers more insight than your doctor, been angry

because the consultation only lasted 15 minutes, or felt you're being bounced from specialist to specialist, you're not alone: across the board, patients are feeling dissatisfied. And while burnout in medical professionals, incompetency and cost are all potential culprits, they mask the core issue: the medical system desperately needs an upgrade.

DIFFICULT TO DIAGNOSE

Someone who has birthed four children is no wimp when it comes to pain. But when Shirley Smuts found herself getting up nightly in excruciating pain to sit with a Huggle Buggle on her stomach, she decided it was time to see a doctor. Her gynae (one of the best in Cape Town) told her everything was fine and that she had nothing to worry about. 'But the pain was so bad,' she says. 'How could I be "fine" when I was in so much pain?' Desperate for an answer, Shirley went to the GP, the colon specialist, a different gynae and a stomach specialist. 'I had scans, ultrasounds, tests – you name it,' she says. 'They all came back normal and not a single doctor doubted the guy that made the biggest mistake in the beginning.' Shirley spent the remainder of 2011 and most of 2012 trying to find a doctor that would take her seriously. 'I was told it was all in my head and that I should see a psychiatrist,' she says. 'Another one told me to

start smoking grass.' When Shirley returned to her gynae for the fourth time, this time with her daughter, he told her daughter she was going crazy. 'Days later, when I demanded another scan, a different doctor who looked at it noticed two cricket balls attached to my ovaries.' In a contrast scan, Shirley said she lit up like a Christmas tree – she had Stage III Ovarian Cancer.

Currently completing her third round of chemo, Shirley is determined it will be the last. Though she feels so much could have been avoided had she not been mistreated by the system, she is at least grateful for her full-cover medical aid, which allowed her to jump around to different doctors. Those on hospital plans don't have that 'luxury'.

When two GPs and a specialist told Basil de Bruyn that the blood in his urine was normal, he decided to give up because he could no longer afford the expensive consultations that lasted only 10 minutes anyway. Months later, his daughter booked him an appointment with a urologist, who discovered that he had bladder cancer.

PATIENT VS DOCTOR

There is something wrong with this picture. It's not about the hospital or the operating room; it's about the primary health care system – the consulting room. The evidence that it needs revision is mounting. Two studies that surveyed people from

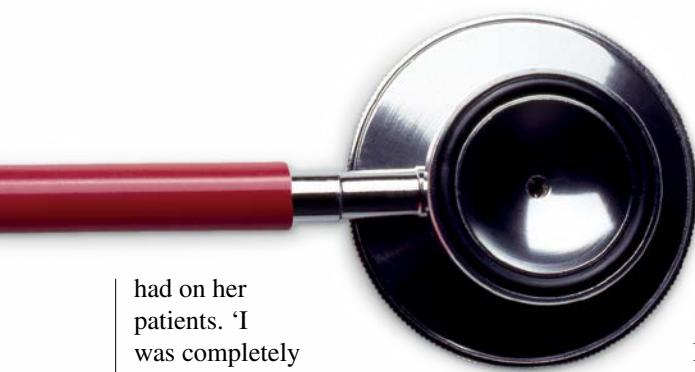
23 countries show that two-thirds of patients feel disrespected by their physicians, and one quarter complained that their doctors didn't answer questions, didn't involve them in treatment decisions and used medical jargon without explanation.

Listening to and spending more time with the patient were regarded as the most important factors in determining patient satisfaction. But all the while misdiagnosis, no diagnosis and over-prescription become more common.

'I have a lot of colleagues working in the GP framework who are saying, "There is something wrong but I don't know how to change it.'"'

And it isn't as if doctors themselves are coming away with a more positive perspective. In 1973, fewer than 15% of physicians reported doubts about their profession, but in 2001 58% of physicians said their enthusiasm for medicine had gone down. More recent surveys show that between 30% and 40% of practising physicians wouldn't choose to enter the medical profession if they had the choice now, and an even higher percentage wouldn't encourage their children to choose a career in medicine. While pay has gone down in government hospitals, the demand on doctors has increased. Most doctors cite the little time they get to spend with patients as the root cause of their frustration.

One of these doctors is Dr Nicola Buchan. After working 100-hour weeks during her year of community service, she saw first-hand the effect her own burnout and exhaustion



had on her patients. 'I was completely dissatisfied with my job, and myself,' she says.

'I had this idea that I wanted to give my patients more, but I had no idea where to start.' Nicola eventually found Functional Medicine and did a postgraduate degree at Stellenbosch (the degree has since been discontinued due to lack of funding). 'I have a lot of colleagues working in the GP framework who are saying, "There is something wrong, but I don't know how to change it."

SHIFTING PARADIGM

It wasn't always like this. In the 20th century, medicine was in its golden age. Doctors were given hero status as penicillin and antibiotics were discovered. So what has gone wrong since? One argument is that a health care model needs to be set up around the diseases it supports, and in the 20th century, those diseases were infectious diseases. Out of this came the 15-minute consultation, which worked brilliantly for someone presenting symptoms of a single disease that could be treated with a single drug. Why would you need more time when the evidence-based approach says that there is enough research and scientific evidence to diagnose and prescribe a treatment inside that time period? That may have worked for measles and chicken pox, but as the 21st century is marked by lifestyle conditions, the framework needs to change to support that. 'I think there is a

harmful perception that everything about the body has mostly been discovered by science. Lifestyle conditions are complex and integrative,' says Dr Buchan.

'The conventional framework looks at whether you're healthy or diseased,' she says. 'Until you've checked the diseased box, with blood tests or scans, you're considered healthy; it's black and white. What about the people who are in the grey?'

Take someone like Johan Wessels. In 2006, while on holiday, he started hearing white noise and became unbalanced. He went to the GP and had a range of tests, which all came back normal. He then entered into four years of specialist visits, which resulted in diagnoses of 'normal' and 'healthy', but all the while he battled chronic fatigue and ear problems. In 2010, at the age of 54, he had a stroke in a supermarket and died. 'Why did no one do an ECG?' says his daughter Jana. 'I feel completely misled by the doctors. As a lawyer, my Dad was incredibly stressed. Not a single doctor took into account the effect of the stress, and yet it's what ended up killing him.'

For many people, life in the grey area, just outside the 'diseased' box, is not only riddled with frustration but with chronic pain, prolonged drug use or, in Shirley's case,

a question mark over your sanity.

The legacy of the past, where the doctor was put on a pedestal, doesn't help either. It inhibits the patient from questioning the doctor and the doctor from admitting they don't know the answer. 'If the doctor is on a pedestal, how are they supposed to have a relationship?' asks Dr Buchan, who believes working together is key. And, having entered the era of Google, we've moved from scant knowledge of our bodies to access to fairly thorough information.

'It's enabled me to bring in the other side of medicine that's long been forgotten – the emotional and holistic component...'

FUNCTIONAL MEDICINE

This is where functional or integrative medicine comes in. Essentially, it looks at people in the grey area. Instead of treating a set of symptoms, it treats the whole person – practitioners spend more time with patients, looking at more than just the physical component. With a patient-centred (rather than disease-centred) approach, functional doctors who practise functional medicine work with the idea that health problems are not isolated but interact with one another, often masking the real cause. 'If you leave those people sitting in the grey, they will eventually become diseased,' says Dr Buchan. 'We aim to prevent that by treating lifestyle with lifestyle, rather than disease with drugs.' And it seems to be paying off – most of Dr Buchan's patients come to her frustrated after seeing six or seven specialists. 'We work together to create optimal health,' she says.



Functional medicine may have a holistic approach that is more associated with alternative medicine, but it is different in that it does not deny the importance of drugs or surgery when needed.

‘It has enabled me to bring in the other side of medicine that has long been forgotten. It is the emotional and the holistic component, but underpinned by science,’ says Dr Buchan. ‘While we have made tremendous advances in terms of science, I believe that we haven’t even scratched the surface of the intangible.’

Doctor Bernard Brom, pioneer of integrative medicine in South Africa, believes the seven pillars of lifestyle are diet, weight control, exercise, stress, pollution, supplements and the psycho-spiritual journey. By investigating each of these pillars when a person is not feeling their best, and while using the guidelines of conventional medicine, a doctor practising functional medicine can detect lifestyle diseases before they arise.

This is not to say the evidence-based model doesn’t work. But surely, in this new era of disease, science should start in the consulting room rather than ending there. Observation is the starting point of scientific discovery, yet in most cases the doctor has no time to properly observe the patient and, in the absence of positive test results, the patient’s own experience of how they are feeling is often dismissed as anecdotal. Much of the workings of the human body remain a mystery. The moment we regard the human body simply as a mechanical problem to be solved is the moment medicine loses its capacity for discovery. ♣

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DON'T GET MAD get super successful!

These unlucky-in-love celebs found a way to turn their heartbreak into fame and fortune – and leave their exes kicking themselves for ever having let them go. The perfect revenge? We think so.

The best revenge, they say, is living well. Fame and fortune don't hurt either. While most of us handle breakups like Jess from *New Girl* (crying on the couch, watching *Dirty Dancing* on repeat), a resilient few have learned to channel their hurt and betrayal into something positive, something creative. Would these superstars have unearthed their talents if it hadn't been for that one failed relationship? There's no way to know, but if this is the result, we sure are glad they got their hearts trampled.

Someone Like You

Heartbreak has inspired many a pop song – hell, Taylor Swift has basically turned it into an art. But Adele turned it into something big – not once, but twice. Adele Laurie Blue Adkins first shot to fame in 2008, after the release of her debut album, *19* – her age at the time. The main theme of her album? The demise of her first serious relationship. Her then-boyfriend (who has miraculously managed to remain nameless) cheated on her, and then – here's the kicker – told her he wanted a share of the royalties for hits inspired by their breakup, like 'Chasing Pavements'.

Adele told *The Sun* 'Finally, I said, "Well, you made my life hell, so I lived it and now I deserve it." I'll give him his credit – he made me an adult and put me on the road that I'm traveling.'

A year later, Adele was struggling to recapture the magic when her new relationship ended. Another producer may have patted her on the back and sent her home with a box of tissues, but songwriter and producer Paul Epworth could see she was fired up – and decided to seize the moment. 'I never get angry, but I was ready to murder,' she said in her biography. 'I went in crying and stuff, and said: "Let's write a ballad." And he was like: "Absolutely not! I want to write a fierce tune!"'

Adele rose to the challenge. 'When I'm about to get angry in my heart, I can really feel my blood flowing around my body... And I kept going: "Feel my heartbeat Paul!"' And the beat of the song was my heartbeat... It just built and built. The result? 'Rolling in the Deep' –



'When I'm about to get angry in my heart, I can really feel my blood flowing around my body... And I kept going: "Feel my heartbeat Paul!"'

her first US number one and of her biggest hits worldwide.

Looking back now, she admits that breakup was a blessing in disguise. 'I'm lucky. I was panicking, thinking what was I going to write my second album about: hotels and air miles? No one can relate to that,' she said. 'So I'm very lucky that I met him, and I'm lucky we broke up as well.' On her own website, Adele writes that 'Rolling in the Deep' was her reaction to 'being told that my life was going to be boring and lonely and rubbish, and that I was a weak person if I didn't stay in the relationship. I was very insulted, and wrote that as a sort of "f*ck you".' Her breakup anthem also set the tone for the new record – tougher and more defiant than *19*. She won six Grammys for it and it became the first album in U.K. chart history to sell 3 million copies in one calendar year. Adele is the first female to have two singles and two albums in the

U.K. top five simultaneously (only the Beatles had achieved this before, in 1963) and *21* stayed at number one in the UK for 11 weeks, beating a solo female record that Madonna had set with *The Immaculate Collection*.

While the media speculated about the identity of her heartbreaker, Adele found love with businessman Simon Konecki. Rumours surfaced last year that she and 40-year-old Simon (also the father of their son, Angelo) were living separately, but according to Adele herself, there is no truth to this. On 28 Dec 2014 she tweeted: 'Just wanted to wish everyone happy holidays & all the best for 2015! PS Simon & I are still very much together, don't believe what you read x'.

It's been a long wait for her third album, but she doesn't seem to have lost her touch – in 2013, she received an Academy Award, a Grammy and a Golden Globe Award for Best Original Song for James Bond song 'Skyfall'. But if you're hoping for more angsty anthems, you might be in for a disappointment: the vocal powerhouse has vowed to never write a breakup record again. 'I'm done with being a bitter witch,' she told *Vogue*. And as for the mystery ex, she's forgiven him too. 'For ages I was like, "As if he deserves any f*cking kudos for inspiring my record,"' she recalls. 'But now, after some time, it only seems right that the person who so far has had the biggest impact on me – has now changed my life for f*cking ever with this album – deserves a little credit ... I can do things that I never dreamed I'd be able to do. If I hadn't met him, I think I'd still be that little girl I was when I was eighteen. And the best thing is, I now know what I want for myself and from someone else. I didn't know what I wanted before.'

R is for Revenge

Sue Grafton's homicidal urges first surfaced in the midst of a bitter, six-year custody battle. 'I was so furious ... I lay awake at night fantasizing how I could finish him off,' she told *The LA Times*. 'Then I had the brilliant idea of using oleander as a poison... one, you see it all over California, and, two, I remembered that oleander was so poisonous that one ounce of its powdered leaves mixed with a ton of hay was enough to kill 500 head of cattle. I imagined making copies of my children's keys to their father's house – we had joint custody at the time – so that I could sneak in and put powdered oleander in his allergy capsules. The next hay fever attack – no more ex-husband.'

Luckily, Sue came to her senses. 'Of course, I knew I'd never get away with it,' she says, laughing. 'And since I didn't want to spend the rest of my life in a shapeless prison dress, I decided to turn my homicidal fantasy into a mystery novel.'

The result? A crime novel called *A Is for Alibi*, and the birth of an iconic literary character: sassy private investigator Kinsey Millhone. Sue, who turns 75 this month, has since turned Kinsey's adventures into a series of alphabetically titled detective novels (*B Is for Burglar*, *C Is for Corpse*...) – she is now near the end of the alphabet with *W is for Wasted*.

Over the years, Sue (and Kinsey) have won multiple awards and her books are translated into 26 languages and sold in 28 countries. But besides her financial and creative success, writing has also set Sue on a path of self-discovery. 'With every book, I'm exploring my dark side,' she explains. 'All of us have experienced rage and powerlessness – exactly what I was feeling when I fantasised about murder. What comes up in all



of us when we're in such unjust situations is the same energy that drives killers. I keep looking at murder and trying to unravel what human beings are all about. I write to understand who I am.'

In the process, she also created a feminist icon in the shape of cheerfully cynical Kinsey Millhone – not that that was ever her plan. 'It was more an act of desperation,' she says. 'I wanted to write a mystery in the Raymond Chandler, Dashiell Hammett and Ross MacDonald tradition because I'd always liked that down-and-dirty, dark and cynical world. But I didn't know how to construct a mystery plot or what a private eye actually does. So it would have been absurd to take on the extra burden of trying to write from a male point of view.'

Sue says the ex who started it all is still around. 'And he's heard the story and so far he hasn't sued my butt off.' When her youngest daughter got married, he even attended the wedding at her house. 'We were perfectly civil, while I'll never forgive his ass for what he did to me. There was some real satisfaction in the fact that he came to my house – which is lavish – and I thought, "Eat your heart out, asshole" – you know? But I was so polite.'

Her advice to women everywhere? 'Your homicidal urges can be turned to good in this world. Don't let that ex-husband get you down! Just start a whole new job.'



Spellbound

A

fictional boy with a lightning-shaped scar changed penniless single mom Joanne Kathleen Rowling's life forever. JK Rowling, as she is known, is the world's first billionaire author, having sold more than 450 million copies of her books worldwide.

Joanne was 25 and working as a teacher when she met 23-year-old Portuguese journalist Jorge Arantes. The two bonded over a mutual love of Jane Austen. They married in 1992 and their child, Jessica Isabel Rowling Arantes, was born in July 1993. Their passionate but tempestuous whirlwind romance soon went south – just a few months later they separated.

'Obviously, you do not leave a marriage after that very short period of time unless there are serious problems,' she told the *Times of London*. 'I'm not the kind of person who bails out without there being serious problems. I'm a long-term girl. And I had a baby with this man. But it didn't work. And it was clear to me that it was time to go, and so I went. I never regretted it.'

It's been suggested that Rowling suffered domestic abuse at the hands

of Arantes – in an interview with *The Daily Express*, he admitted that he had dragged her out of their home at five in the morning after a ‘violent struggle’ and ‘slapped her hard’. Whether or not it was a first-time occurrence, it was the final straw for Joanne. Soon after, she left for Scotland with Jessica on her hip and three chapters of *Harry Potter and the Philosopher’s Stone* in her suitcase.

Joanne first came up with the idea for the Harry Potter books in 1990. But according to Jorge, she started writing the Harry Potter books while they were together, and asked for his input. ‘I am proud to say that I was the first person to read about Harry Potter,’ he said in an interview. Joanne, he says, also found his advice helpful.

Although Joanne has rarely spoken publicly about her marriage, she did refute Jorge’s claim that he helped shape the first Potter novel, with this scornful line: ‘He had as much input into *Harry Potter* as I had in *A Tale of Two Cities*.’

Having left Jorge, Joanne found herself unemployed and ‘as poor as it is possible to be in modern Britain, without being homeless. I never expected to mess up so badly that I would find myself in an unheated, mouse-infested flat, looking after my daughter. And I was angry because I felt I was letting her down,’ she says. Between studying and making ends meet, it was only early in 1996 that the manuscript was finally finished.

Twelve publishers turned down the most lucrative writer in the world before the book was eventually picked up by Bloomsbury for a measly advance of £1500. Barry Cunningham, head of children’s fiction at Bloomsbury, praised her book but told her to be prepared: there was no financial reward in children’s books. Joanne didn’t care. ‘The purest, most unalloyed joy was when I finally knew it was going to be a book, a real book you could see sitting on the shelf of a bookshop.’

Rumour has it

Breaking up is bad enough – without having to see each other and work together every day. But by the time Fleetwood Mac went into the studio to record their iconic album, *Rumours*, the band members were barely speaking to each other.

Lindsey Buckingham and Stevie Nicks’s relationship was falling apart, and married couple Christine and John McVie were in the middle of divorce proceedings. Even drummer Mick Fleetwood, who was trying to hold it all together, had his own problems – his marriage to Jenny Boyd was also disintegrating. ‘By the time we got to *Rumours*, the emotional rollercoaster was in full motion... Everybody knew everything about everybody and I was definitely piggy-in-the-middle,’ Fleetwood told *Uncut*.

In between songs, the McVies gave each other the silent treatment. ‘We literally didn’t talk, other than to say, “What key is this song in?”’, says Christine. ‘We were as cold as ice to each other.’ Lindsey and Stevie ranted and raved, but they stuck it out too: both knew quitting the band would be career suicide. ‘Each one of us was too proud and way too stubborn to walk away from it,’ says Stevie. ‘I wasn’t going to leave. Lindsey wasn’t going to leave. What would we have done – sat around in LA and tried to start new bands? It was just “grit your teeth and bear it”.

The bandmates found another way to vent their feelings: writing songs

to each other – lyrics that seemed to be plucked straight from their diary pages. Lindsey wrote ‘Second Hand News’ (‘One thing I think you should know/I ain’t gonna miss you when you go’) for Stevie, to which she responded with ‘Dreams’ (‘Now here you go again, you say you want your freedom’). He countered with ‘Go Your Own Way’ (‘Loving you isn’t the right thing to do’), before she hit back with ‘I Don’t Want To Know’ (‘I don’t want to stand between you and love, honey/I just want you to feel fine’). For John, Christine wrote ‘Don’t Stop’, and ‘Oh Daddy’ for Mick, who was then separated from his wife and two kids.



‘The Chain’, written by the entire band, was a song about their intertwined lives.

‘You had these dialogues shooting back and forth about what was going down between us and we were chronicling every nuance of it,’ says Lindsey. ‘People found it riveting.’ Their communal unhappiness paid off: *Rumours* sold 25 million copies. ‘We knew we had something pretty powerful, to a point that transcended everybody’s misery and depression,’ admits Christine. ‘I think we knew that if we’d all been getting on like a house on fire, the songs wouldn’t have been nearly as good.’ ♣



is fracking *really* **THAT BAD?**

Will it contaminate the water and destroy the Karoo – or could it get us out of the energy hole and create jobs for a decade? In a fight between economy and environment, fracking has become one of SA's most polarised debates.

HOW DOES FRACKING WORK?

Hydraulic Fracturing (fracking) is the process of drilling and injecting a mixture of chemicals and water deep into the ground at high pressure to fracture shale rock and release natural gas inside. Shale gas mining has huge potential for energy and electricity production, but it requires vast amounts of water in order to be carried out. Estimates of how much shale gas is trapped under the Karoo vary – and drilling is the only way to find out.

no



PHILIP LLOYD

is a research professor at the Cape Peninsula University of Technology in Cape Town and has over 30 years' experience in the energy industry.

'Fracking is not only safe, but is an economic game changer. It has transformed the global economy and could transform ours.'

Most economies around the world get 90% of their energy from fossil fuels, a third of which comes from gas. In contrast, only 1% of our energy comes from gas, so our energy economy is at a severe disadvantage to the rest of the world. At that rate you'd think we didn't have any gas, but in fact we're sitting on top of what could be some of the largest gas reserves in the world. It would be stupid not to use them!

RISKS?

Of course there are risks – as there are with anything – but the good thing about fracking is that those risks have been identified and we can work on diminishing them. Contamination of water is manageable. In countries where they have been fracking for a long time the ratio of

contaminated water incidences to fracking success stories is tiny. After all, we are talking about 50 years of fracking experience to draw from. People worry about the chemicals injected into the ground, but a recent study presented to the South African government found that the proposed recycling methods for the fracking water are really good. It found that it generated a salty water rather than chemical waste. Sure, it isn't drinking water, but it can be used for other things. People also tend to forget that the water in the Karoo is virtually undrinkable to start with, due to uranium minerals underground.

MORE TO GAIN

All of this needs to be weighed up against the economic outcome of fracking, which, even when you take all the environmental concerns into consideration, is massive. Some years ago, a tiny bit of gas arrived in Durban from Secunda, and this allowed 3000 completely new jobs to be created – from manufacturers who benefited from the clean emissions of gas to start-ups that benefited from the low cost of gas. That just shows the impact gas could have on our economy, and given its state, we should see if we could develop it properly.

PROCEED WITH CAUTION

I'm not simply saying go forth and frack – there are still unanswered questions, one of which is whether we have the resources to do a proper job of monitoring the fracking process so that accidents don't happen. We need people with the right skills, knowledge and experience; we don't even have a lot of modern drilling technology in South Africa. There is still a big learning curve, but we are fortunate enough to have the rest of the world to learn from where fracking has been successful. It makes it completely achievable.

yes



JONATHAN DEAL

is CEO of Treasure Karoo Action Group (TKAG), the main opposition to fracking in the Karoo. In 2013 Jonathan was awarded the Goldman Environmental Prize for his efforts.

'Not only do contaminated water and community health pose huge risks, but the energy return on fracking is so low that it is pointless.'

Let's pretend you're a farmer in the Karoo. It's 2020 and Shell, Falcon and Bundu have been fracking for five years but nowhere near your farm. You open the tap and can see the water is contaminated. What can you do? Well, given the current regulations for baseline testing, absolutely nothing. Without knowing what the water looks like in the Karoo now, there will be nothing to compare it to when it does become contaminated. What about when you go to the doctor because you and your farm workers have become sick? Well, the doctor won't be able to test for fracking chemicals or any illnesses related to them if they don't currently 'exist'.

TRANSPARENCY

Our argument is that if Shell and the government go on about how safe fracking is, they should be willing to be held accountable with proper baseline water testing before the fracking starts; and proper regulations

specific to the Karoo that aren't simply a copy and paste from the Americans. When South Africa decided to lift the moratorium on fracking in 2012, not a single doctor had weighed in. Yet New York State spent six years investigating fracking and, as of December 2014, banned it. The Netherlands, Shell's home country, extended the moratorium until 2017. Parts of Canada and the whole of Scotland have just banned it and most of Europe will either extend their moratoria or ban it outright. The bans in New York and Canada are especially interesting as they cite two main reasons: water pollution and health concerns, and the failure of shale gas mining to deliver the benefits promised by the industry.

Let's look at the promises made in this country: 'Game changer', 'jobs for a decade' – we've heard it all. In 2012, Shell SA told government in the Econometric Report that there was approximately 485tcf of shale gas in the Karoo – enough to create 700 000 jobs. Not only did the report ignore any environmental or secondary costs of fracking, but the estimate of shale gas has since been reduced by South African scientists from 485tcf to 30tcf. That is a reduction of 13 times, which takes 700 000 jobs down to 50 000 jobs! Despite knowing this, the South African



government still uses the old inflated figures; Jacob Zuma is allowed to go on TV and tell the public it will be a game changer based on exaggerated numbers – but it simply won't be. And that doesn't even take the health concerns into consideration – which, if you look at the structure of the Karoo, are a huge worry.

WATER CONTAMINATION

The Karoo geology is unique. Despite its semi-arid nature, the crisscrossed underground sills and dikes that characterise its geology transport water. They are like underground rivers, and this means that water across the Karoo is essentially shared. It also means that if you have contamination in one underground aquifer, it is possible it will travel a good distance in a relatively short space of time. We actually have a record of this: in 1967, when South Africa was trying to find oil, a company drilled a deep well in Jansenville, and it ruptured. It lost pressure at about 2500m, which dispersed the drilling fluids sideways. Six weeks later, in Kliplaat, 32km away from Jansenville, these drilling fluids started bubbling up to the surface. This just illustrates the need for baseline water testing for fracking to be spread over a far greater area than the proposed 1000m around a well.

ENERGY RETURN

As burning gas is cleaner than burning coal, people often believe the claims that shale gas is a clean energy and therefore worthwhile. But let's not

forget that the emissions sent up into the atmosphere, and the energy expended during the process of extracting gas, make it dirty and expensive – as much as coal! Even if climate change, community health and water weren't at risk, fracking still couldn't solve our energy crisis. You're looking at 15 years before we'll be using gas in our households. Unlike America, South Africa has no gas infrastructure and little public knowledge on using gas. And all the while the cost of renewable energy is going down. So in 10–15 years, renewable energy will be that much cheaper than fossil fuel, which is climbing in price. Even if you think shale gas is worthwhile now, it won't be when it goes to market in 10 years' time. Mining shale gas is like eating soup with a fork: you're very busy but you stay hungry. And it suits the oil companies to give the appearance of being busy because it keeps their shares trading.

There are so many issues in the way of fracking. Just one should be enough for the government to keep the moratorium until there are proper investigations with proper results. Science, not politics and money, should inform policy. We haven't even spoken about where the 30 million litres of water needed for each well will come from, and it seems like government hasn't either. ♣

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Stage presence

Theatre icon Jennie Reznek has worked as an aerialist, a clown and a puppeteer. But her real passion lies in helping others take centre stage.

I grew up in Pietermaritzburg. My father was a good old family doctor and my mother was a stay-at-home mom. She was very intelligent, and I think quite frustrated by the Victorian ideas they both grew up with. He didn't want her to work, because he felt it would reflect badly on his practice, but when I was in matric she went back to varsity and got her masters in theology. We studied together! They were quite old-fashioned in the sense that, as far as they were concerned, my sister and I could pursue a career in the arts (she is a concert pianist) because our future husbands would support us. My brother wanted to be a philosopher but they suggested very strongly that he get a profession, so he became a psychiatrist. But he plays classical guitar and has published a couple of thriller detective novels.

I was always the lead in all the school plays. You know that irritating person who always gets the opportunities? That was me. There was never, ever, ever a question for me whether I'd like to do anything else. At one point I thought I might like to pursue architecture, but my dad told me that my mathematics wasn't strong enough – and that girls couldn't do architecture.

When I got my first paying job after drama school, my parents nearly fell over backwards. They weren't expecting that at all. And then I married Mark [Fleishman], who was also in the theatre, so their whole plan just kind of fell apart. He had done two years of law at the beginning of his studies, and my mother constantly asked him, 'Mark, when do you think you might continue with your law degree?' We used to time her – it usually took about 20 minutes before she brought it up. But they were both incredibly supportive of what Mark

and I managed to achieve – even though we'd trashed their plans.

I felt very strongly that there needed to be a kind of theatre developed in SA that could speak across the boundaries of the language divide. So I started thinking about more physically based theatre. There was no one locally who was doing anything like that, so I scraped together all the money that I could and with my parents' help I went and studied movement theatre with Ecole Jacques Lecoq in Paris for two years. I often say that he gave me the gift of myself. I was trained at UCT to be an interpretive actor, but Lecoq helped me understand that I could make theatre with my own stories.

Teaching is about transformation – finding techniques for young people to become visible to themselves, to experience a sense of themselves and their own skills. It is absolutely mouthwatering to meet a new group



of students from very conservative communities who won't even look me in the eye – and I can help them get to a point where they can stand confidently in the space, and connect with the audience.

I can't live my life just for me. It doesn't make sense. Unemployment among young people in South Africa is so high and there is such a need for them to find a way to generate their own work. That's what drives us, drives the company.

We run a programme in the townships called Culture Gangs for about 100–150 schoolgoing kids – to encourage young people to commit to culture rather than crime. We also have 20 young people in our full-time training programme, and we've managed to get 13 trainees into varsity, all first-time university attendees in their families. 82% of the people that we've trained are employed in the professional industry, and we re-employ a lot of graduated trainees in productions that tour overseas.

I balance my life between teaching and my performance work – and of course the fundraising that is needed to keep it all going. I spend 80% of my time doing what I don't want to do, to spend 20% of my time doing what I absolutely love doing. Our work is made possible thanks to the support of organisations like the National Arts Council, National Lotteries Distribution Trust Fund, Rand Merchant Bank, Oppenheimer Memorial Trust, HCI Foundation and Distell. Artscape came on board when we were really struggling, and there are people who give us little bits of money all the time because they believe in what we do.

The solo work that I make is often a meeting between my own very private world and a metaphor, or



JENNIE IN HER LATEST SOLO SHOW,
MAGNET THEATRE'S *I TURNED
AWAY AND SHE WAS GONE*

a bigger, more epic narrative. The more personal the work is, the more universal it is. *Every Year, Every Day, I Am Walking* was about refugees, but the internal story for me was about the loss of my parents. My father had died, and I had to pack up my childhood home. That got me thinking about home and what it means to lose home in an irrevocable way. Losing your parents feels brutal no matter how or when it happens.

My family says I'm a female version of my dad – we look very similar, we both love the outdoors and we're incredibly active. In terms of temperament, I'm also very closely connected to him. He was decorated in the war; he was a fighter. He wasn't

a victim. He was also freer than my mother allowed herself to be. And I'm the same. I'm not a victim – I'm constantly making a plan, trying to make things work. I fight, and that has its own problems – because I don't let go. And, of course, there's the other side of the coin – sometimes it's difficult to acknowledge vulnerability. He was also very invested in his work – he worked until two weeks before he died – and I feel the same. My dignity lies very strongly in the work that I do and what I've managed to build.

Mark is my partner at home and here at the Magnet Theatre, and 27 years on, the relationship is still alive. Remarkably so, because it's

not easy in this business. We've learned to do it. After 27 years of marriage you learn how to not need so much; you learn how to let go, how to trust, how to give each other space, how not to ask, how not to push. You learn how to support. We're good friends. He's my buddy.

At one point, early in our marriage, Mark and I ran off and joined the circus. Literally! An old colleague of mine asked me to join a non-animal circus called The Dream Circus. We packed up, rented our house in Joburg and came to Cape Town.

I had signed on to be a clown, but then they asked me, 'Wouldn't you like to learn trapeze?' I'm terrified of heights but I said yes. It was difficult and I screamed all the time, but I eventually overcame my fears. I wasn't a victim to those fears – coming back to my father again. Eventually I learned a single-rope act and then they decided to teach me cradle trapeze as well. It was one of the most empowering experiences of my life. I felt so strong.

I was quite an outspoken feminist at that point, and adamant about not shaving, for one thing. But obviously I couldn't stand there in my sparkly outfit with hairy armpits, so I shaved, I wore a leotard halfway up my bum – I became a *poppie*! It was liberating to kind of let go of all the notions of what a feminist should look like.

They also wanted me to learn the unicycle, so every afternoon I used to go out on a little piece of lawn, do half a circle and fall over, half a circle and fall over. After three weeks I managed to do three-quarters of a circle and fall over. It took me seven weeks to learn to ride that thing. Falling over and getting up, falling over and getting up, until one day, magically, I did it.

I loved the circus. Mark left after three months – he couldn't stand it. It didn't last very long – they ran out of money after a year. But it was a wonderful, mad time.

The craziest thing I ever did was a 7,3km open water swim from Robben island to Blaauwberg – the so-called Freedom swim. I trained and trained and trained. And then, one ridiculous day, I decided to do it. The water temperature dropped to 10°C – it was very, very cold. I completed it in 2 hours and 40-something minutes. I was hypothermic and had to be wrapped up in a little silver blanket. I didn't remember where I lived and gave them my parents' address in Pietermaritzburg. That should give you an idea about my particular brand of madness!

Mark and I started a family quite late, after six or seven years of marriage. We played around, travelled and had a free life – and then knuckled down to the business of a family. My son, bless him, has just been accepted at drama school. Zac has always been interested in drama, and now he's going to be doing theatre-making at UCT – taught by his dad! I know I'm biased, but he's a very good writer. He's also our harshest critic. The jury is still out on what Hannah wants to do. She's very bright but also shy, but when she does her drama pieces for school, she's excellent. We might have a dynasty on our hands.

They are probably my greatest teachers, those two. Teaching me to love and let go, to listen and keep

separate. I can't fix everything for them. And yet I want to. I'm very independent – I'm not in my children's pockets. But when Zac went on a gap year overseas, I was devastated. Completely and utterly shredded. Mark, Hannah and I came back from dropping him off and we were all in tears. I had such a strong sense of the end of something. My job now is to just stand by and be there if he needs something, if he asks for anything. It's such a shocking shift.

'I'm not a victim – I'm constantly making a plan, trying to make things work. I fight, and that has its own problems – because I don't let go.'

a preteen and then a teen. It has forced me to be really present and watchful; I can't get stuck because they're so much in transition.

I'm 55 and I don't hide my age. I don't hide the grey in my hair, although sometimes I wonder if I should. But it feels too exhausting to do it. Personally I would never have plastic surgery or do any of that stuff. I would rather work towards accepting the process of ageing and the impact that it has on the body than trying to squeeze myself into something that's not me. We are going to change, and the only peace is in embracing that. ♣

Look out for Magnet Theatre's *The Heart of Redness*, directed by Mark Fleishman in collaboration with CTO, at the Fugard in August.

Anne ahead

Anne Hathaway has had her detractors, but audiences love her – and it seems she's getting the last laugh.



S

he's been described as the natural successor to Judy Garland and Audrey Hepburn. Indeed, Anne Hathaway does seem to channel that old Hollywood glamour, but she's always ready to give it a twist of New York cool, and to bring an element of surprise – a dramatically cropped hairstyle, an unexpected role.

And then, of course, there's that face. In *The Princess Bride* audiences first saw that light-up-the-room smile, and the then-teenage actor was catapulted into the limelight. She went on to prove herself to be a highly versatile performer, who could go from girl-next-door to siren, cutesy to angsty, and who would turn her hand to

any genre. She had a small but memorable role in the Oscar-winning *Brokeback Mountain* as the wife of Jake Gyllenhaal. And audiences loved her in *The Devil Wears Prada*, in which she played the hapless assistant to the terrifying magazine editor Miranda Priestly (Meryl Streep). She's done voice-overs in *The Simpsons* and *Rio*, and won rave reviews (and cracked a Best Actress Oscar nomination) for her performance as the tormented fresh-from-rehab sister Kym in *Rachel Getting Married*. More recently, she was cast as Selina Kyle, aka Catwoman, in *The Dark Knight Rises*, a role Anne says she loved.

In 2013 she snagged a bunch of award nominations and the Oscar for Best Supporting Actress for her portrayal of Fantine in *Les Misérables*. But as her star





ANNE & ADAM
ON HOLIDAY AT
MIAMI BEACH,
FLORIDA.

rose, so did the haters. She was accused of being 'too perfect' and 'too actressy'. Maybe it was nothing more than simple jealousy – hey, she got the flawless skin, those doe eyes, that generous mouth and an Oscar – but something about her success set off a vociferous band of Internet trolls and bullies, known as 'Hathahaters'.

Anne was surprisingly honest in an interview with Ellen DeGeneres about the cyberbullies and their effect on her life. The actor recalled the moment she realised that there were strangers out there who hated her. 'My friends and I had an idea for *Funny or Die* and we wanted to do something on celebrity pregnancy rumours, so we just googled pregnancy rumours and the story came up,' she said. When she saw the headline 'Why Does Everyone Hate Anne Hathaway?' she felt as if she'd been punched in the gut.

She admits that at first she couldn't help but listen to all the meanness and negativity. She told Ellen: 'You try to shut it off and I couldn't, and then I realised why I couldn't was I hadn't learned to

love myself yet. I hadn't gotten there. And if you don't love yourself, when someone else says horrible things to you, part of you is always going to believe them.'

She faced a painful situation, and used it to help her grow and to get to know herself better: 'I want to learn who I am. I don't want to feel like I'm fragile every time I leave the house because I'm so dependent on what other people think about me.' Ultimately, she told DeGeneres, the whole experience has brought her to a place where she felt more love and compassion for everyone, including herself.

We all know from schoolyard bullies that a small group of meanies can make a big noise, but Anne has her admirers and defenders too. Lena Dunham took a stand in support, tweeting, 'Ladies: Anne Hathaway is a feminist and she has amazing teeth. Let's save our bad attitudes for the ones who aren't advancing the cause.'

And Anne herself has even managed to laugh off the haters. In a stunning cabaret performance on

About Anne

Anne was born in Brooklyn, to a lawyer father and an actress mother.

She began her performing career as an accomplished soprano who performed at Carnegie Hall at 14.

Her parents named her after William Shakespeare's wife.

Her first break into acting came in 1999, when Anne was cast as the oldest daughter, Megan, in the family drama *Get Real*.

Legend has it that when auditioning for the part of klutzy Princess Mia in *The Princess Diaries*, Anne accidentally fell off her chair – and that clinched the deal!

She was brought up Catholic but when her older brother came out of the closet, she decided she couldn't support the church that didn't support him.

In 2008, her personal life made headlines when her Italian real estate developer boyfriend Raffaello Follieri was arrested on fraud charges.

She married actor and jewellery designer Adam Shulman in California 2012.

She hosted the 2011 Academy Awards together with James Franco. At 27, she was the youngest host ever.

In Jenny Lewis's hilarious music video, Anne dons an Adidas tracksuit and a stick-on moustache and does a little bit of breakdancing.

Song One will be releasing in South Africa in May 2015.



'I want to learn who I am. I don't want to feel like I'm fragile every time I leave the house because I'm so dependent on what other people think about me.'



the *Tonight Show*, she joined host Jimmy Fallon to perform jazzy versions of popular rap songs like Snoop Dogg's 'Gin and Juice' and 50 Cent's 'In da Club'. When they launched into Kendrick Lamar's 'Bitch, Don't Kill My Vibe', she ad-libbed, telling those 'Hathahating bitches' not to kill her vibe.

Last year, she came back stronger than ever in the blockbuster space exploration film, *Interstellar*. The movie challenged Anne in new ways. The set 'wasn't for wimps' she says. There was no slacking off in this physically demanding role – she was suspended in a harness and dunked in freezing water. She suffered from motion sickness, and narrowly avoided hypothermia. It paid off – audiences

and critics loved the movie.

With *Song One*, Anne added 'producer' to her already impressive resumé. She plays Franny, an archaeology student who is called home when her estranged younger brother falls into a coma after a car accident. She uses writings from his journal to explore the New York City music scene, eventually meeting up with his favourite musician (played by SA-born Johnny Flynn). Local Anne fans can look forward to seeing it midway through this year.

She also wrapped up filming on *The Intern*, a comedy that hits our screens in September. She takes on the role of Jules Ostin, founder of a fashion based e-commerce company, who hires Ben Whittaker (Robert

De Niro), 40 years her senior, as her intern. She finds that he has more to offer than she had expected.

2015 is set to be another year of hard work for Anne. Besides reprising her role as the White Queen in the sequel to *Alice in Wonderland*, Anne goes back to her theatre roots on the New York stage, when she teams up with prize-winning director Julie Taymor for the play *Grounded*. Anne plays an elite fighter pilot who is reassigned to operate drones from a trailer in the Nevada desert. In a 70-minute monologue, she describes her life, aiming at targets thousands of miles away – and then going home to her husband and baby.

And as for the haters? Hey, if they're there, Anne's not listening. ♣

‘My dad killed my mom’

Blow the Whistle’s most recent ambassador, Tamsyn-Lee Brown (30), was just 13 years old when her dad killed her mom and then himself. She tells us her story in the hope that it will help other victims of abuse to take a stand.

My dad wasn’t always a monster. There were days when he’d take us out, we’d go away for weekends, go rubber-ducking, play rugby and watch cricket – it was awesome. He’d really let us see what the world was all about.

But then there were days when he’d just lose it. He’d beat my mom, my brother and me – fortunately he never harmed my baby sister. He’d also cheat on my mom, do drugs and spend money recklessly. I know he really did love us, but he had some serious issues.

I was six years old when my mom

had to go to the hospital. My dad had a lady friend who was basically a part of the family, and she stayed over while my mom was away. As a six-year-old, I didn’t think anything was wrong with that, so I told my mom about it. The next minute, we were flying to Joburg. My siblings and I had no idea what was happening.

After two weeks we went back home. When we opened the door, my dad had a set out a table full of balloons and gave each of us a fluffy toy. He cried and told us things would be better and that he would never hurt us again. He promised he would be the best dad and husband ever. He asked my mom to renew their vows – which they did. She believed he would change.

But I always felt there was something about that night that didn’t feel right – I later found out what it was. I remember one morning my dad asked me for the house key. It was in my messy school bag and though I frantically rummaged through it, I couldn’t find it quickly enough. He whipped out a stick and started hitting me, splitting my hand open. When my mom tried to help me, he turned around and told her, ‘If you try to stop me from reprimanding my child, I’ll do the same thing to you.’

When he said that, I could see my mom was helpless. I couldn’t take it any more and I snapped. I ran to the front gate of our house and screamed for help. The worst part is that nobody came out to help me. But my



dad was so shocked by my reaction that he never hit me again.

Six months later, I woke up to my mom and dad shouting at each other. I was feeling really ill that night and walked to the lounge just to breathe a bit. When I put my hand down beside me, I felt a clump of hair. I was too sick to make sense of it.

But my mom came into the lounge and asked if I was okay. She hugged me and as I put my hand on her head, I found that the hair on the one side of her head had been ripped out by my dad. I couldn't understand how she could be comforting me when he had just done that to her. A few weeks later, it was her birthday and he took us to Spur to celebrate. He sat at the table and wouldn't stop laughing at the fact that she was half bald. I think that was it for my mom. Within the next two weeks she had made a plan to leave him. The day before we moved out she went to the police station and said, 'I'm going to leave my husband and I think he's going to lose it when I do. Please will you help me?' They agreed to help.

My mom moved us out of our home and took us to an apartment. She also took his gun away. But when he came home to an empty

house and discovered his gun missing too, he went to the police, who called and told her to return his gun.

When she went to the police station to hand it over, he was waiting for her outside. Yet again, he told her he would change. He said, 'We can go to therapy together. Meet me at the house at four o'clock tomorrow.'

That evening she told me about the night we'd returned from Joburg. She said it was the first time he had put a gun to her head and said, 'If you ever leave me again, I will kill you.'

I wish I could remember more of what she said. I know she told me that even if you loved someone, you have to decide at some point whether or not they're good for you. It was as if she knew something was going to happen to her.

The next day, after school, she dropped us off and said she was going to pop in on my dad. She promised she'd be home about five o'clock, but she never came back.

My granny and uncle came over



*Blow the Whistle is a national campaign against woman and child abuse. Visit their website: www.whistle.co.za

to see if we were okay and asked us if we had heard from Mom. We were so independent that we didn't think too much of the fact that we hadn't heard from her. I went to bed that night, but couldn't sleep. I kept hearing footsteps. I kept thinking the two of them were coming home.

Next morning, her bed was still made and my gran came in and told us to get ready for school. By then we knew something was wrong and I said, 'Hell, no. I'm not going to school.' I was going to stay with my grandparents until somebody told me what was happening.

Nobody answered the door at our home in Fish Hoek and we couldn't get into the apartment until the landlord gave police permission to knock down the door. That's when they discovered their bodies. My dad had killed my mom by shooting her

point-blank five times; later that day he shot himself. We assume he went looking for us, too, because she had died at around half-past four in the afternoon and he died at about 9 o'clock that evening – and he had asked the neighbour if she had seen us.

I think of my mom as a hero. She had to decide if she was going to deal with the beatings for the rest of her life, run away for the rest of her life or whether she was going to take a stand. She chose to confront him and purposely never told him where we were. She saved us.

I tell the story of my childhood and my mom with confidence, as it has made me who I am today. I *want* people to hear it.

I left home when I was 19 and dated a guy who was seven years older than me. I fell pregnant and had

I tell the story of my childhood and my mom with confidence because it has made me who I am today. I want people to hear it.

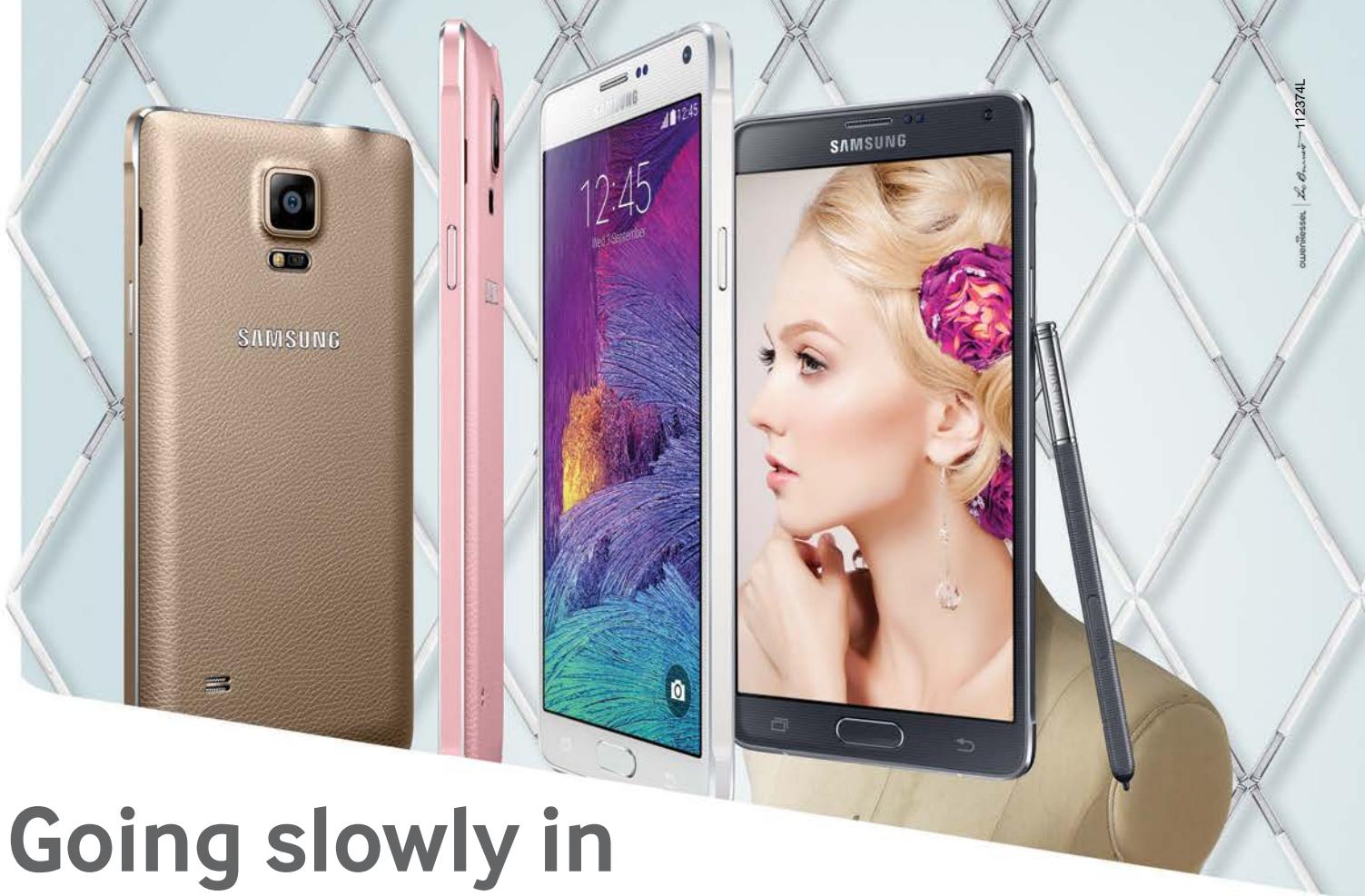
my son when I was 20. Things with his dad didn't work out, unfortunately. I started surfing and I loved it because it was something that helped me get through all that had happened – the one good thing my dad did was encourage us to be active.

Surfing allowed me to be free – the ocean is healing. You have to have lots of patience and focus when you surf because at the end of the day, it's all about you. No wave is the same and it will never be perfect.

I waitressed for a while before hearing about Good Hope FM's search for a female sports presenter. I decided to go for it – and despite fumbling my words at the audition, I got the job!

I had no experience and I was thrown in at the deep end. Luckily for me, I am a strong swimmer! Four years later, I'm doing my daily surf and beach reports – even producing *The Ayanda Tini* show. They really took me in at Radio Good Hope, and I am so happy there.

I'd always wanted to be in the entertainment industry and this is just the beginning for me. I feel like I have played the victim and suffered enough during my childhood – now I want to live. I won't ignore what happened to me as a child because it has all helped me get to this point in my life. That's also why I joined the Blow the Whistle campaign. It helps me to have my voice heard and hopefully my story will resonate with other victims. I want someone to go, 'Okay, enough is enough.' ♣



Going slowly in this busy world

It feels as if the world gets busier every year, with more to pack into the hours of the day and more responsibilities to keep track of. It's enough to make your head spin. So how do we find ways to go slowly in this busy world?

Everyone knows that awful feeling – the one you get when you're running late, heading for the car with arms full of laptop bags, handbags, tablet cases and the general paraphernalia of a busy life, juggling your car keys with one hand so that you can get the car boot open without dropping everything in a heap. We all identify with that sense of being overwhelmed by life and everything that goes along with it. With life getting busier by the day, the only way to find time to do what we want to, is to simplify with tools that work harder for us than ever before.

One of the tricks busy people know about is that minimising the clutter makes for a calmer self. Why have three devices when one unique, smart device will do it all for you? Let's be honest – the real reason we have so much stuff is because it seems like that's what we need to stay on track, but it's just not true. With one smart device that offers all the benefits, it's easy to simplify how you communicate, no matter what the channel.

With all your apps at hand (including that essential to-do list app that helps you stay on top of the school run, business meetings and social events), a screen that's better than anything you've ever seen before and peerless note-taking facilities in one elegant package, the Galaxy Note 4 is the tool that will help you find time for the things that matter – like catching that all-important school cricket match or checking in with a friend.

Having the right smart device means that those little gaps in time during the day become productive time. Instead of wasting 10 minutes waiting for a meeting to get started, those minutes can be put to good use – even if it's just to make notes for the day ahead. They say that doodling is a great way to create a concept and play with new ideas, but to really express yourself, it's easier with a pen in your hand. Better yet, an S Pen, the tool that combines note-taking methods that give you total freedom to create, edit and collect content on the move. Combined with features like the innovative Snap Note, which lets you take pictures of meeting notes on paper or a whiteboard and convert them to an electronic note, your time becomes more productive and simplifies your day at the same time. It also helps to have a large screen made for multi-tasking. Because every extra industrious minute during the day means another moment you can spend with the people you love, going slowly in this busy world.



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Doing things her way

M

ention her name and you'll likely get one of two responses. There's the gushy fangirl response: 'Oh, I love Amanda Palmer! She's the coolest person ever!' And then there's: 'Amanda who?'

As a singer and performer, she's built up a cult following since first coming to our attention as half of the punk-cabaret duo, The Dresden Dolls. Admirers (full disclosure: I'm one of them) know her as a creative spirit, a feminist, and a writer and performer of smart, personal and often provocative songs.

But it's only recently, with the huge popularity of her TED Talk, *The Art of Asking*, that she's become better known in more mainstream circles. Her recent memoir, *The Art of Asking or How I Learnt to Stop Worrying and Let People Help*, expands on that talk. The theme is simply this: that asking is intrinsic to all human relationships, and that learning to ask for what you want

Amanda Palmer is anything but conventional. She's even worked as a living statue – which is really a dressed-up form of begging. But it's this kind of experience that made her realise that asking others for help is a necessary part of our relationships.

and need is a valid, even essential, part of being in the world. But it's hard, because we fear being vulnerable or looking needy, or think we are undeserving, and so our inability to ask for help paralyses our lives and our relationships.

I admit that I'd rather chop off a limb than ask for help, which Amanda assures me is pretty normal. 'There was an overwhelming resonance to this topic,' she said, on her whirlwind visit to Johannesburg earlier this year. 'It really hit a nerve with people. And it was cross-cultural, and not just with women. People really struggle with it.'

In the book, Amanda describes experiencing a direct form of asking. She supported herself as a living statue known as the *8-Foot Bride*. She'd stand stock-still on a crate, her long white dress draped to the floor, a hat at her feet, waiting for tossed



dollars. When a passer-by obliged, she'd look at them and offer a flower.

To hear her tell it, her days as a living statue were full of moments of real human contact. 'We all have our Achilles' heel when it comes to asking and I had to investigate my own,' she says. In her book, she describes how difficult she found it to accept any kind of financial help from her husband Neil Gaiman, the acclaimed fantasy novelist and author of *Coraline*.

She'd rather borrow from a stranger than from him to fund an upcoming tour, even though he thought she was crazy.

But asking of her fans is different. In a move described by some as 'the future of the music industry', in 2012 she crowd-

sourced the funding of her new album and raised \$1,2 million via Kickstarter. A masterful modern communicator, Palmer reaches millions through her blog, Twitter and Facebook, where she constantly shares, asks and interacts with her community in a very personal way. Nearly 25 000 of them chipped in to fund the album, *Theatre is Evil*.

In fact, the Kickstarter campaign brought her to South Africa in January. One of the fundraising elements was this astonishing offer: raise \$5 000 and I'll play at your house party – anywhere in the world! Some Pretoria fans did just that and, as promised, she arrived, ukulele in hand, to perform in their living room.

This is entirely in keeping with Palmer's 'asking' philosophy – in the past she has asked fans for a couch to crash on, or a piano for a gig. She's even crowdsourced food for her band. But she gives, too, encouraging fans to download and share her music and playing free 'ninja gigs' when the fancy strikes her (lucky for

us, the fancy struck her when she was here and local fans were treated to a show at The Sheds@1Fox).

She freely admits to craving connection. Still, she says, she can walk around New York without an inconvenient amount of recognition (remember, she's very recognisable – for a start she shaves her brows and draws them in with an eyeliner).

'There's a certain degree of fame that would be a pain in the ass,' she says. 'I had a slow build over time, resulting in a strong community. I've tried to create an environment of humanity, not celebrity. There's a real sweet spot in social media. If I was Lady Gaga, I couldn't be the way I am with my community; it would be too much,

too noisy. The scale doesn't work.'

Amanda has a devoted fan base, but she also takes a lot of flak. She's loud, she's opinionated, she's unapologetic and she says 'fuck' a lot. She wrote a rather wonderful song, 'Map of Tasmania', about female pubic hair. Oh, and she doesn't shave her armpits. Society can take a lot of nonsense from its music stars but seems to draw the line at body hair.

Not long after her successful and much-publicised Kickstarter campaign, she went on tour and – as usual – invited local musos to join her on stage. She offered no pay, just a good time, great exposure, free beer and 'hugs'. Critics accused her of exploitation and opportunism. After all, fans had just ponied up \$1,2 million. She felt deeply misunderstood – that her regular, pull-in-and-make-some-music approach was being misconstrued as grabby.

It's not just her professional life that is out of the ordinary. Her marriage to Neil Gaiman, 16 years

her senior, is a regular source of intrigue. 'Our marriage doesn't follow conventional rules,' she says. 'We don't cohabit. I've been on the road pretty much constantly since we met. That's my life. Neil travels a lot too, on book tours and speaking engagements.'

She's clearly crazy about him – she organised a surprise art-event flashmob wedding in New Orleans for his birthday – but it wasn't love at first sight. She writes: 'I thought he looked like a baggy-eyed, grumpy old man, and he thought I looked like a chubby little boy... I now think he's smashingly handsome and he calls me "the most beautiful woman in the world". Ain't love grand?'

They also, famously, have an open marriage. And it's not just convenience for two people constantly on the road. She insists that it is fundamental to their marriage, something they both want and need. It works because they both put each other first. No other relationship is allowed to imperil theirs, and they talk about their other relationships in a way that isn't hurtful. That, and some basic ground rules – like no crazy dangerous people!

'We're very open with each other and share everything,' she says. 'To have a truly loving partnership, you have to be completely transparent.'

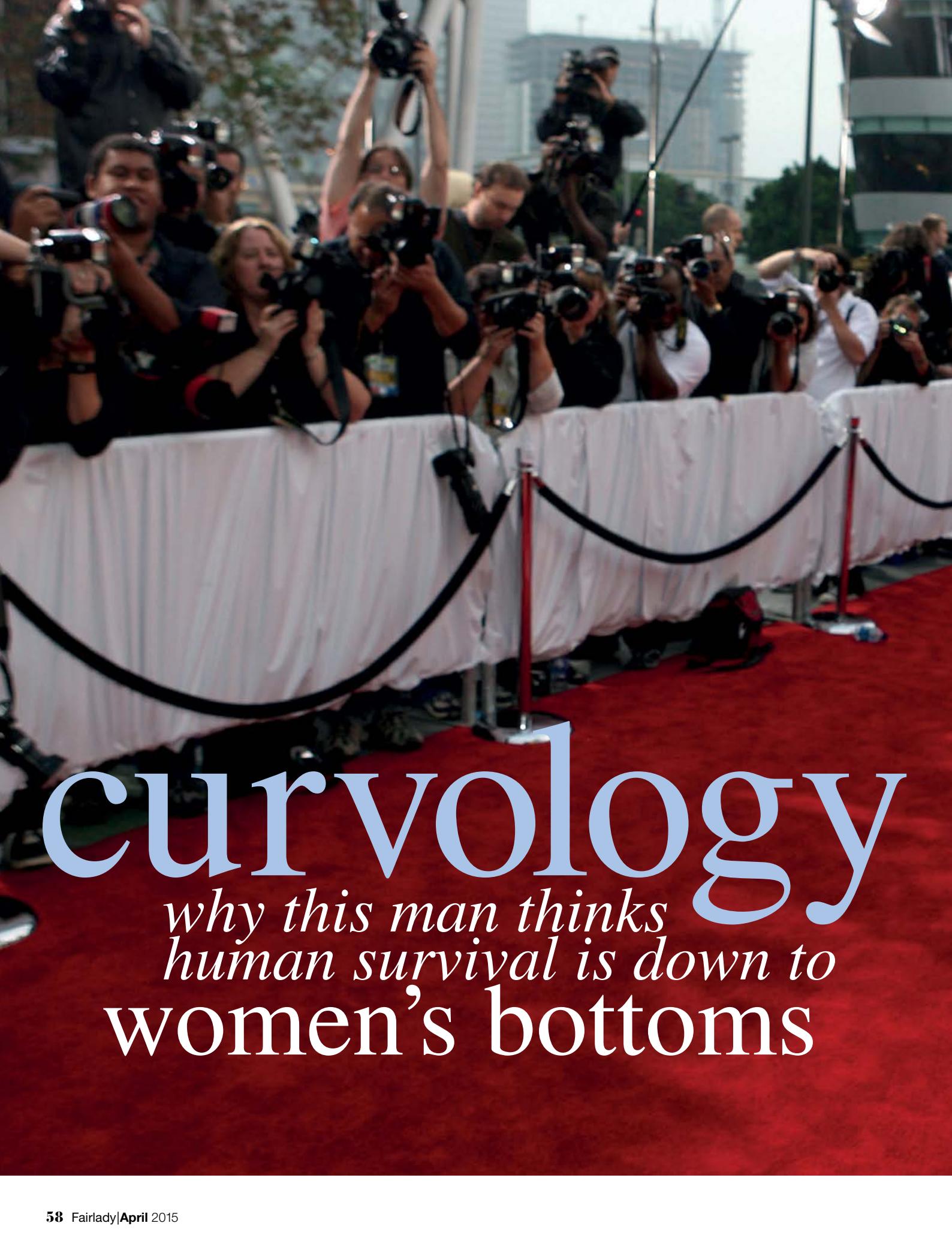
For a glimpse of her essence, search YouTube for her 'Dear Daily Mail' video. During a set at the Glastonbury Festival, Amanda's breast escaped her bra. Instead of reviewing the gig, British tabloid *Daily Mail* made much of this slippage, running a large picture under the headline, 'Making a boob of herself'. Palmer responded with a funny and satirical song in chipper $\frac{3}{4}$ time, addressing the body-shaming newspaper's 'misogynist pile of twats', before singing the last verse naked.

And that, ladies and gentlemen, pretty much captures the irrepressible Amanda Palmer. ♣

Spot the big dangers hiding out there.

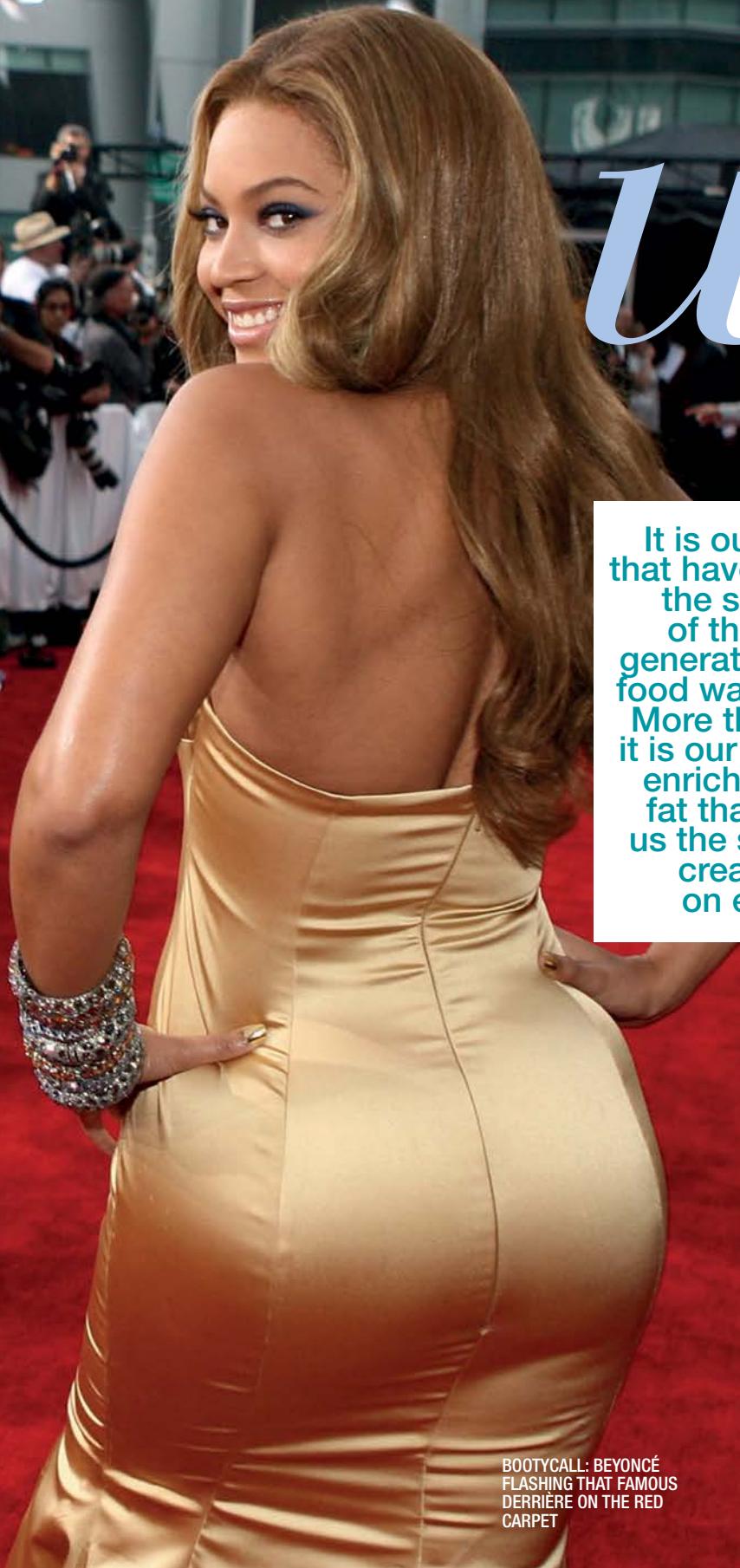
For the smaller
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curvology

*why this man thinks
human survival is down to
women's bottoms*



BOOTYCALL: BEYONCÉ FLASHING THAT FAMOUS DERRIÈRE ON THE RED CARPET

W

It is our bums that have ensured the survival of the next generation when food was scarce. More than that, it is our specially enriched bum fat that made us the smartest creatures on earth.

e're in a Cambridge college, and I'm having a tutorial in one of the dons' rooms. But about halfway through the session with David Bainbridge I shift uncomfortably on my well-upholstered bottom, despite and because of it. I was there to hear this reproductive biologist talk on the awesome majesty of the female arse, but from the outset I had

been struggling to muster the requisite seriousness for our surroundings. So, for example, after his exposition on a fascinating piece of evolutionary science, my eyes skittered over the learned tomes on his wall, made a note to self to call him 'Professor Booty' and asked, 'Always been a bum man, then?'

To which he replied with dignity: 'In science, understanding something better doesn't make you appreciate it less.'

But then it happened. A genuine, rare, life-changing moment. After hearing Bainbridge talk about his radical new book, *Curvology*, I found myself seeing female bottoms clearly for the first time. Not, as in my case, something to be draped in swathes of funeral black, as if wishing it were dead, nor dieting it into thin air, nor fretting if it looks big in this. Bainbridge has a simple but powerful revelation: no other animal has a fat bum, and this is because female buttocks have a higher purpose. That is nothing less than to save the human race.

Recent research has shown that the fat stored in the mother's bottom is particularly enriched with DHA –

the fatty acids so important to brain development. It is this that builds the infant nervous system, and this fat particularly, is diverted to breastfeeding. Women who breastfeed, he notes, lose fat in their bottom disproportionately to those that don't. Some scientists even suggest that there could be a link between large bums and the quality of breastmilk. As he puts it in his book, 'Women's buttocks and thighs can be seen as living evidence of the importance of storing fats to fuel the growth of children's extravagantly large brains ... bums make brains.'

It is our bums that have ensured the survival of the next generation when food was scarce. More than that, it is our specially enriched bum fat that made us the smartest creatures on earth. Women's bums don't just make brains, they made us human. The photo of Kim Kardashian's enormous buttocks may have broken the internet, but Freddie Mercury was more accurate: fat-bottomed girls make the world go around. 'So,' I say slowly, for this is having a profound effect on me, 'the survival of our species rests on female bottoms?'

'It does, as we survive on our intelligence. Humans haven't got much else: we're a pretty weedy bunch. Fat at the right time is the key to our survival. Lots of that is to do with female fat. Male fat is not that exceptional: it's similar to most male mammals. It's the women that are different.'

For a middle-aged bloke who has spent most of his career at St Catherine's College in zoology, Bainbridge is an unlikely champion of female body image. And he says he wasn't influenced by his wife or his two teenage daughters. However, his work on our cavewoman

ancestors is more useful in understanding the weirdnesses around female shape in the 21st century than many a feminist tome. He argues against the idea that the pressures on women are purely cultural. In his rebuke to Susie Orbach he writes, 'Fat is a feminine issue.'

I have never found evolutionary biology very enlightening about gender politics: its proponents seem preoccupied with infidelity and who's better at map-reading. But just a few pages into *Curvology* had me looking at my relationship in

a new light. It is a rule across the animal kingdom that, as he writes, 'the sex which contributes most to childcare gets to sexually select the other sex'. Peahens look after the peachicks, while peacocks are total layabouts – but that means that peahens hold all the cards when looking for a mate. Peahens can be frumpy; peacocks compete to look ever more splendid.

Evolutionary biologists know, Bainbridge says, that humans are built to be mainly monogamous and that fathers had to perform a large part of childcare. Most male animals mate with anything that looks vaguely female because that is the end of the matter, but human males select breeding partners carefully. This pickiness is a back-handed way of proving that the dad will be still around to change nappies at 3am. An obsession with female form is a side-effect of one-woman loyalty.

So what did our male ancestors look for? Men's body shape follows mammal logic, but women are freaks. To 'have large, non-lactating breasts is zoologically bizarre', he writes, especially when they hinder running

in a pre-bra era. So too our fat humps over the hips. 'Other female animals lay down fat like a male does, all over or with a fat belly. Human women are unusual. They put this fat in mechanically awkward places. The female body shape always struck me as fundamentally strange.'

The first reason for our unique look is that females are literally more evolved than men. Human muzzles are short and our faces are flat, especially in females; humans have smaller teeth, lower brows and less hair than

primates, especially females. The big brains of humans led to a distinctive domed head; women's brains are larger relative to body size, but they also look larger due to larger foreheads and smaller chins.

'We do not know why women should be more "modern-looking" than men,'

Bainbridge writes, 'but it has been suggested that many of the characteristics men find attractive are the same as those which make them look distinctively human'. This would have been helpful when there were several hominin species circulating and a human male had to be sure of mating with a human female.

Breasts are still mysterious: these pendulous, fatty, uniquely human things. Boob size isn't important to survival, or else they would have evolved into a perfect Darwinian size. Instead, they vary in size way more than any male part: some women have breasts 10 times the size of others. But Bainbridge is more focused on hips and bums. Why, I ask, did women put their brain-making fat stores there, and not in a male-style beer belly?

'The fat is related to areas that make women look feminine:

'Fat just gets such a bad press. When you realise what female fat has done for human evolution, it's terrible the way that we think about it now.'

mammary glands and hips. Their hips were already wide because they needed to give birth to these big-headed babies, so men started being attracted to the fat that made their hips look even wider.'

So while men have vastly different tastes in breasts, they are, across cultures, very uniform in seeking a small waist to large hip ratio. The fat that women deposit to form the hourglass is different from belly fat: it does no harm to female health and may in fact be protective, he says.

I tell him that it is difficult now for girls to become women, because their bodies must acquire fat, which is demonised in our culture. Teenage boys acquire muscle, which is admired uncomplicatedly, and need very little fat. But healthy girls will transform into beings made up of a quarter fat. In the past, that may have been welcomed. Now, fat is seen as the enemy. The process of becoming a woman is to acquire what we are told is most hateful about appearance. This is a confusion between unhealthy obesity and absolutely vital curves. Our culture has not been clear enough about that distinction; instead women aspire to be as hard-bodied and lean as males.

'It must be hard for girls,' Bainbridge says. 'As a man it's very hard to understand what that must be like – especially since, as a man, those are exactly the bits of women that you like, and you see women so conflicted about them. You feel powerless. It doesn't make sense. A boy growing up does not face that conflict.'

I ask whether we do not understand enough, praise enough, the biological importance of female fat, separate from unhealthy male-pattern belly fat.

He says: 'Fat just gets such a bad press. When you realise what female fat has done for human evolution, it's terrible the way that we think about it now. Fat is equated with illness,

greed and laziness. Well what are women to do, when that is the very stuff that makes them what they are?'

'If you're a man, the best fat pattern is very little,' he says, 'but women need to have fat. They are told that reaching the ideal amount of fat is very important, but it's not clear what that ideal is.'

According to Bainbridge, the fashion in female fat, from Twiggy to Marilyn Monroe, is 'counter-cyclical' to the economy: 'To me economics is a special form of biology. Ten thousand years ago we worried about food availability, now we worry about the economy. It's the same thing. When things look a bit iffy, wars or recessions, slightly larger and slightly older women seem to become the fashion.'

He believes that affluence – this novel phase in human development – instead favours slimness, as it shows that in times of plenty parents are able to adapt and thus divert calories into their children. The recent trend for magnificent bottoms (see Beyoncé, Kim Kardashian, Jennifer Lopez, the hit pop song 'All About That Bass') is possibly a reaction to a more uncertain economy. In 2004 the most common Google search in America for changing one's bottom with surgery was to make it smaller. In 2014, the searches wanting to enlarge outnumbered reductions.

Another idea from Bainbridge is that the fashion industry is supplying fewer female role models than before, fashion being a closed shop 'relatively low on heterosexual men'. Perhaps, he says, optimistically, 'we are training ourselves to understand what different types of fatness mean'.

One of the bravest parts of his book is an attempt to understand

eating disorders from an evolutionary point of view. Did he hesitate over this chapter?

'I was worried about writing about eating disorders,' he says. 'They are inherently very sad. But the reason I wanted to was just because they are an extremely strange phenomenon. It's obvious why modern society makes us fat, but why would it make us starve?'

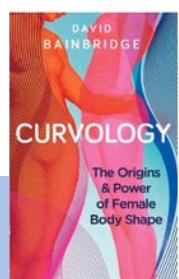
Bainbridge draws together various interesting but unsatisfying evolutionary explanations.

'Fasting,' he says, 'could have been a way to divide up food in a tribe that didn't have enough. Or a way for a woman to control her own reproduction when there isn't enough food around. Should she stop breeding? Should she perhaps focus on her brother having lots of offspring? None of these theories on their own is convincing as a cause, but if you take enough of these responses and put them together, it could explain why the human brain does the weird things it does. Otherwise they're just these horrible things that have no explanation. If we at least had an idea why humans get them, at least that would be something to work with.'

If my daughter ever grows up to fret about her bottom, I'll tell her the world should pin a medal on it, gently, for services to human intelligence. Bainbridge says he makes a point of never commenting on his daughters' appearance, and he's relieved they've grown up pretty confident. Although, if his wife ever asks him if she looks 'big' in a particular skirt, he always replies truthfully that he loves the way she looks.

Then she goes and asks their daughters. ♣

CURVOLOGY: *The Origins and Power of Female Body Shape* by David Bainbridge



A black and white portrait of Graham Norton. He is a middle-aged man with short, light-colored hair and a beard. He is wearing a dark, textured zip-up jacket over a white t-shirt and blue jeans. His hands are in his pockets, and he is looking directly at the camera with a slight smile.

the Graham

From the get-go, Graham Norton sets the tone of his show: down the stairs he struts, prancing, dancing and camping it up before firing off

a quick opening gag. The joke's often downright lame (like the one introducing Jamie Dornan and his starring role in *Fifty Shades*, which was 'coming soon') but the message is clear: laugh raucously, be silly, have a bit of (not too squeaky-clean) FUN.

For those not tuned into DStv channel 120 every Tuesday evening, *The Graham Norton Show* sees a selection of about three celebs ranged on the red couch. There's chit-chat, a clip or two from their soon-to-be-released films, some silly tweets perhaps, live music – and then someone from the audience takes a seat in the red chair to tell a story – at the risk of Graham flipping them backwards if they bore him. Yes, you have to see it to believe it. It's about synergy: the show is greater than the sum of its parts.

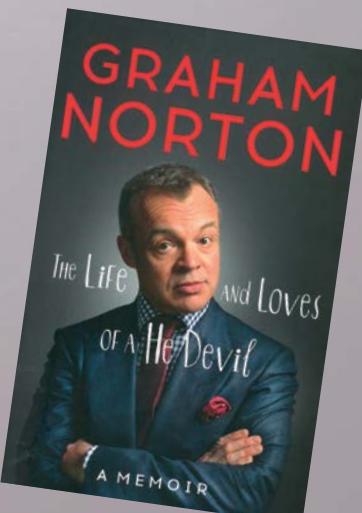
It's a coup, of course, to get the celebs to come out. And come out they do. Celia Imrie (Madge in *Best*

Norton show — and tell

and *Second Best Exotic Marigold Hotel*) cut her holiday short just so she could make it. For the star-struck among us, their presence alone may be enough to get us to tune in. But, as Graham says, fame is no guarantee of chat-show gold. Case in point? The time Tom Cruise released *Jack Reacher*. And that lack of spark is interesting in itself: in this instance, and very rarely for him, Graham is a bit too star-struck – or kind – to admit that Tom didn't come off all that well. Instead, he goes on about how nice Tom is – as he might be. But not terribly entertaining on the chat-show couch, unless he's jumping up and down on it.

Often, though, the chit-chat spins off into something far more inspiring. Take the combination of will.i.am from The Black-Eyed Peas and Miriam Margolyes (Professor Sprout in *Harry Potter*). ‘Putting people side by side on the couch is like conducting an experiment in chemistry, where you’ve no idea how the various elements will react,’ Graham says. Miriam gives will.i.am what-for for misusing the word ‘like’, which he comes back from fantastically well. ‘Their worlds are so different, and Miriam’s candour so extreme that it may have been socially awkward or even offensive,’ Graham commented, ‘but what we saw was the blossoming of a

Is there an A-lister alive who hasn’t been on his TV chat show? Or ever revealed more than when they sat on that red couch? Why does everyone warm to Graham Norton, and is he as forthcoming about his own life?



wonderful rapport and friendship’.

The success of the show is not just about the celebs’ interaction with one another (and with the tipple within easy reach). Graham Norton is brilliant and witty and asks questions and makes statements no one else would dare to – and he’s perfectly willing to make a fool of himself. The effect of all that horsing around is that (almost) everyone relaxes and joins in in the spirit of the show.

Even Madonna. But that was a long time in the making. When his previous chat show, *So Graham Norton*, started in 1998, he made a list of all the guests he wanted. Top of that list was Madonna, he says. Every other name on the list landed up on his couch, but it was 14 years before his most fondly held wish came true.

It wasn’t through lack of trying. In his memoir, *The Life and Loves of a He Devil*, he recounts how he placed an extortionate bid on a tiny Herb Ritts pic of Madonna’s eyes, which had previously hung in her LA mansion. ‘I decided that if I bought it, word would get back and she’d feel honour-bound to come and chat.’

Graham describes the process: ‘A little drunk [this seems to be a recurring theme] and encouraged by my friends, I started to bid. Unbeknownst to me, the other main bidder was one of the richest men in Britain. We soon left hundreds of

pounds behind us and were shooting through the thousands. Happily, the other man was a bit more sober than I was and bowed out.'

When Cher heard what he'd paid, she said, 'Are you out of your f*#king mind? You could have got her actual eyes for that!' (It was £10 000, since you ask.)

And it didn't have the desired effect. Only at the time of her directorial debut, *W.E.*, did Graham begin to believe that Madonna-on-the-show might actually come to pass. 'Towards the end of the summer in 2011 we began to get whispers that perhaps she was finally ready to perch her perfectly toned buttocks on the edge of our red couch,' Graham writes. 'The conditions began. It had to be special. Yes. She wants to tape it in the afternoon. Yes. She wants approval over the music. Yes. I wonder how far we would have gone? What demand could have provoked a no? I couldn't think of one.'

The production team weren't as keen as Graham was, but 'they knew how special this would be for me,' he says. 'While my whole life is my dream come true, it was still a wildly exciting moment for me and, in my head at least, for the show as well. It was the royal seal of approval.'

So how did it go? After the moment of introduction, it all went by in a blur, he says. 'I remember being nervous and then both of us relaxing. We got the measure of each other.'

What he does remember is her reaction to fans who'd flown from Italy with their lovingly crafted Madonna dolls in various outfits she'd worn. 'She peered at the dolls like someone whose cat has just delivered a half-eaten mouse at their feet and then proceeded to point out the mistakes in the various outfits.'

'Even I felt a bit sorry for the boys and when I saw them after the show, I tried to apologise for Madonna's reaction, but there was no need. They were delighted. The queen of their world had reacted just as they knew and hoped she would. We were dealing with a diva.'

Has Graham become mates with Madonna since? 'No friendship developed. She remained the icy star, me the awe-struck fanboy, our worlds never to collide.'

He might describe himself as a fanboy, but Graham also attracts a lot of fandom. Take the audience applause when he walks in – if anything, it's more enthusiastic than for any of his esteemed guests.

It's obvious that he enjoys the show. 'I love television,' he told Miranda Hart in a *Telegraph* interview. 'It was more than entertainment for me when I was growing up in southern Ireland, it was my window on the world. If I had to choose I'd say I probably prefer watching it, but at the same time, I adore my job. This year, when I first returned from holiday and sat in the studio looking out at my audience of 600, I did get a little misty-eyed. I felt like I'd come home. I was also quite drunk.'

Quite drunk? You said it, Graham. His high-energy persona does beg the question of the degree of lubrication involved, especially since there's always a glass of wine at hand. On one occasion he had F1 driver Lewis Hamilton spray champagne into his mouth. What was he thinking? In his memoir, Graham is at pains to explain that he only ever has one glass of wine (which often remains barely touched) on the show, although all bets are off afterwards. Booze plays a big role in his life. In his memoir, it gets an entire chapter. He writes candidly: 'I may abuse it, but my

'I'm not pretending being alone makes me ecstatically happy, but I'm not sad, and that already seems like quite a lot in life.'

relationship with booze is still based on enjoyment rather than fear. It goes back to the pre-show glass of wine – I know exactly why I'm drinking it and while I may end up flailing around a dance floor like a member of the living dead, I like to think that I am in control of the bigger picture.' And then he adds, 'Of course, I may be wrong.' He has a comedian's timing and an actor's confidence (both of which he has been), but what is he like off-camera? 'More low-key,' he told Miranda, 'otherwise my friends would be forced to stab me with a fork.' But at the same time, he says, he doesn't have an 'act': 'Dolly Parton told me that if you want to be in this business for a long time, don't put on an act because it is simply too much work. And of course, Dolly was right!'

Graham is very close to his mum and sister; his ex-boyfriend Trevor Patterson told the *Daily Mail* he talks to them all the time. Trevor says after two years, he couldn't do it any longer, as Graham's first love is his two dogs – 'in some ways he put them before me'. Trevor also couldn't keep up with Graham's boozing. 'He could drink up to four bottles of wine in an evening. I can't do it and struggled to cope without a good night's sleep.' Graham maintained a dignified silence on Trevor's tabloid tell-all, but writes that he feels content being solo. 'I'm not pretending being alone makes me ecstatically happy, but I'm not sad, and that already seems like quite a lot in life.' ♦

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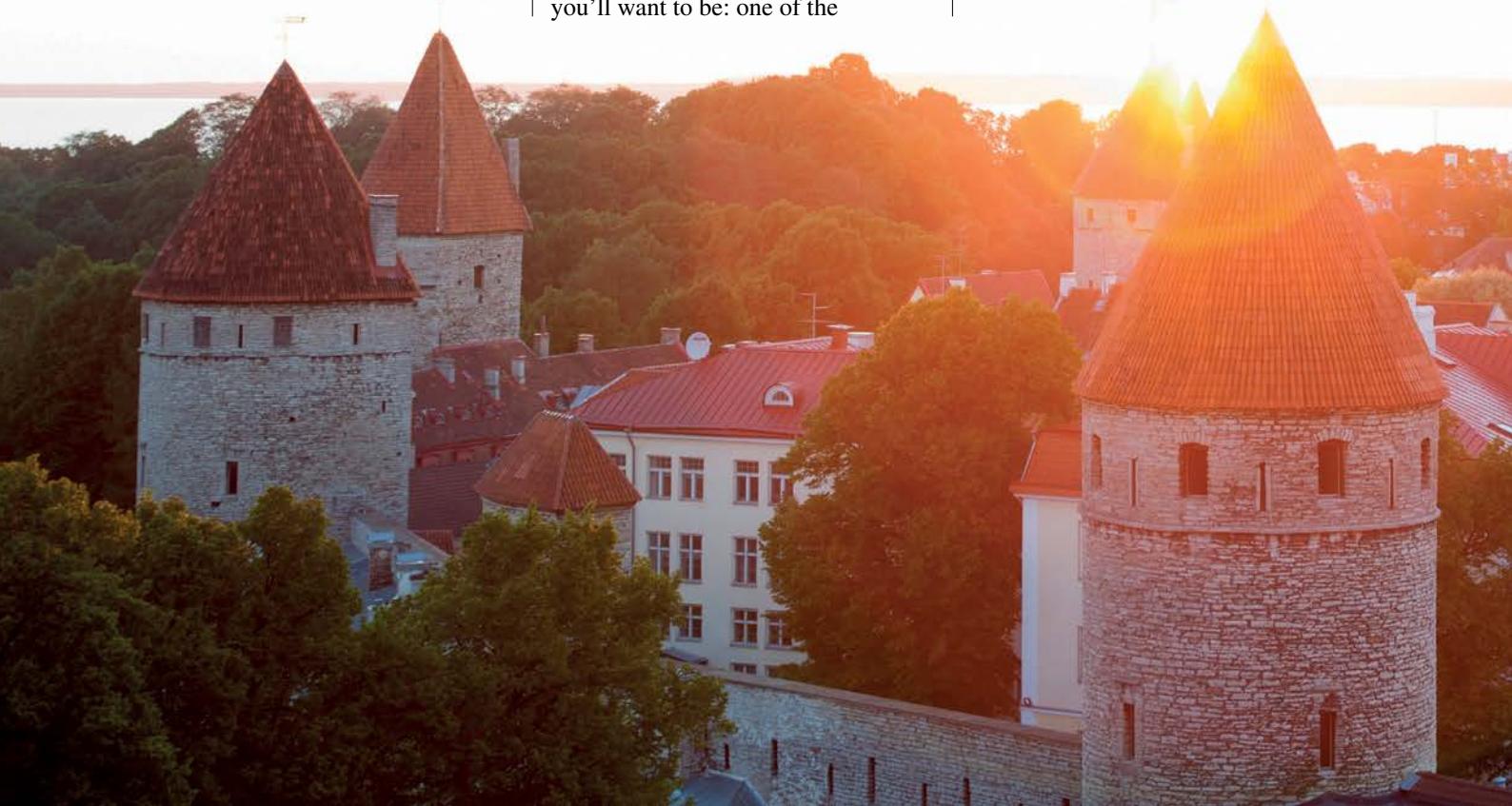
a taste of **TALLINN**

Tallinn, the capital of Estonia, is utterly enchanting and as yet, largely undiscovered. Get there while that's still the case!

Apart from catering to Finns on day trips looking for a cheap alternative to Helsinki (no longer the case) and a brief boom in the nineties, Tallinn – specifically the Old Town – is the very antithesis of a bustling city. And that's the way we like it.

The ancient, uneven cobbled streets give Tallinn a unique atmosphere, and the fact that it's ever so slightly shabby in parts just makes it more authentic and adds to its charm. The older part of Tallinn is where you'll want to be: one of the

best-preserved medieval cities in Northern Europe, its centre is around the stronghold of Toompea (Dome Hill) with its slender, tapering spires. In the 10th–11th century, a marketplace established at the foot of Toompea quickly developed into an irregular network of streets and an urban settlement of artisans and tradesmen. Almost unchanged to this day, the area has quirky street names



MAIN PIC: MAGICAL TURRETS AND CHURCH SPIRES ADD TO THE FAIRYTALE CHARM OF THE ANCIENT CITY. **RIGHT:** ENJOYING ELK SOUP SERVED MEDIEVAL-STYLE AT TRISTAN JA ISOLDE.



like Lühike Jalg (Short Leg) and Pikk Jalg (Long Leg) that date from those times. One of the cannon towers – 20 of the original 46 have remained intact – is called Paks Margareeta (Fat Margaret), and a watchtower goes by the name of Kiek in de Kök, as it allowed the guards to see into the kitchens of the surrounding houses. Old Tallinn is still as quirky and original as these

old names – a real fairytale realm of shadows, winding streets, pretty alleyways (Katariina Käik, or St Catherine's Passage, is the prettiest in all Tallinn) and churches both ornate and simple. My favourite of these is the Church of St Nicholas, with its secret exits to the city walls... I wondered who needed to escape, and why.

There are some wonderful places to stay within – or at least within walking distance of – the Old Town: for an exclusive boutique hotel experience you can't go wrong with the Schlössle hotel (www.schlossle-hotels.com). It's in the heart of the Old Town, and since Prince Charles, George Soros and Sting have all slept here, you'll be in good company. The hotel has massive wooden beams, vaulted ceilings, an arched medieval cellar and a restaurant where white-gloved waiters attend to your every need. St Petersbourg Hotel (www.hotelstpetersbourg.com) also belongs to the Schlössle group and is carefully restored in the style of the Russian merchant who first owned the building. Taanilinna Hotel (www.tallinnhotels.ee) is less ornate, but has exceptionally friendly staff who are keen to interact with their guests.

Once you've settled in, it's time to explore – and, of course, to eat, drink





and shop! Known for its ceramics, this lovely old part of town still offers good shopping: Draakoni Art Gallery, a small contemporary art gallery in a beautiful old building, is well worth a visit, and just off Viru, the central pedestrian thoroughfare, you'll love the window display at Piret Kändler Ceramics (www.piretkandler.com). Think whimsical teapots and mugs that could have been used by The Mad Hatter in *Alice in Wonderland*. Then have a look at Helina Tilk (www.helinatilk.com). Helina makes functional ceramic

kitchenware depicting the distinctive architecture of Old Tallinn. Other designs include naively drawn flowers as well as cartoon animals for the little ones. Sepa Äri (www.ross.ee) offers a wide range of forged metal objets from Estonian blacksmiths, as well as flavoured teas from around the globe – and a display of Carroll Boyes pewterware!

When you've exhausted yourself walking the streets, you'll need a good restaurant to top up your flagging energy reserves – and you're in luck: candlelit Olde Hansa (www.oldehansa.ee), once the home of a rich merchant, has no electricity at all (a bit of a home away from home for us South Africans!). Game sausages are made from bear, wild boar, elk, figs and almonds; sauerkraut is served as a side-dish. The honey or cinnamon beer is delicious. Equally impressive is Troika (www.troika.ee), an authentic Russian restaurant where a life-size bear beckons you down the stairs subtly lit by samovars transformed into lights. The menu ranges from *kaaviar* to 'stroganoff of bear meat – available upon successful hunt'.

A highlight for any foodie is Balthasar Garlic Restaurant (www.balthasar.ee). Housed in a medieval building with a view over the Town Hall Square, it's next door to an apothecary that dates back to 1422 (1422! The antiquity of this city often takes your breath away). Their garlic vodka is positively lethal and the mezze platter set the garlicky tone for the rest of the meal, with main courses ranging from salmon to duck to lamb. They even offered garlic-infused crème brûlée on their seasonal menu: not for me, but there's no accounting for taste...

The elegant tapestried rooms of The Stenhus Restaurant (www.stenhus.ee) offer the best haute cuisine available in Tallinn, including Thick Pea Soup with Smoked Pork, Old Witch's Casserole, Blood Sausages and Pork or Lamb Ribs – think France meets Estonia in a cosy yet elegant setting.

Exactly 75 steps from the Town Hall you'll find Kuldse Notsu Kõrts (www.notsu.ee), with its tongue-in-cheek flower boxes in the shape of elongated pigs (the name means The Golden Piglet) and superb Estonian cuisine. Herring is served with sour cream and boiled potatoes, or with strawberries, onions and cream (yes, really – and it's delicious); other



OPPOSITE PAGE: WALKING AROUND THE OLD TOWN IS MAGICAL. **ABOVE:** YOU GET THE BEST VIEW OF THE OLD TOWN FROM KIEK IN DE KÖK. **RIGHT:** TALLINN OFFERS A PHOTO OP AROUND EVERY CORNER. **BELLOW RIGHT:** AN ELONGATED BOOT INDICATES THE BEST PLACE TO ENJOY MULLED WINE AND DO SOME PEOPLE-WATCHING.

appetizers include 'crispy pig ears' or a Mermaid's Fish Platter for Two. Not very far away – then again, nothing is far away in Tallinn – is Le Bonaparte (www.bonaparte.ee), with austere yet impressive interleading dining rooms. The subdued décor in fairly minimalist grey and muted blues evokes images of a stormy day at sea. Restoran Gloria (www.gloria.ee) was voted one of the top 100 restaurants in the world by *Conde Nast Traveler* in 2002.

Gloria Veinikelder is its more laid-back sister, and both are located on the fringes of Old Tallinn, just inside the ancient city walls.

After all that eating you might be in need of a drink. In the bottom left-hand corner of the Town Hall a sign proclaiming *Põdra Supp Uhke Maitsega* (Proud to be an Elk-flavoured Soup) leads you to the entrance of Tristan ja Isolde. In this tiny, dungeon-like tavern they serve elk soup and traditional pies as well as pepper schnapps in typical medieval style, and they pride themselves on their cheeky service. There's no charge for the salty pickled gherkins, provided you spear them from a giant vat



potent Irish coffees and pâtisseries françaises more than live up to the hype. And – worth remembering – if everything else is closing down because it's really getting late, you can rely on the friendly staff of Munga Kelder (www.mungakelder.ee) to serve you your last drink. This 'monk's cellar' is the perfect place to wind down your evening with a glass of Vana Tallinn, the traditional Estonian liqueur. ♦

DON'T LEAVE TALLINN WITHOUT...

... *imbibing glug*, the Estonian version of mulled wine. Each establishment uses its own (secret) recipe that invariably includes some of the local Vana Tallinn herbal liqueur as well as cinnamon, almonds, cardamom and ginger. A wedge of orange or lemon is optional.

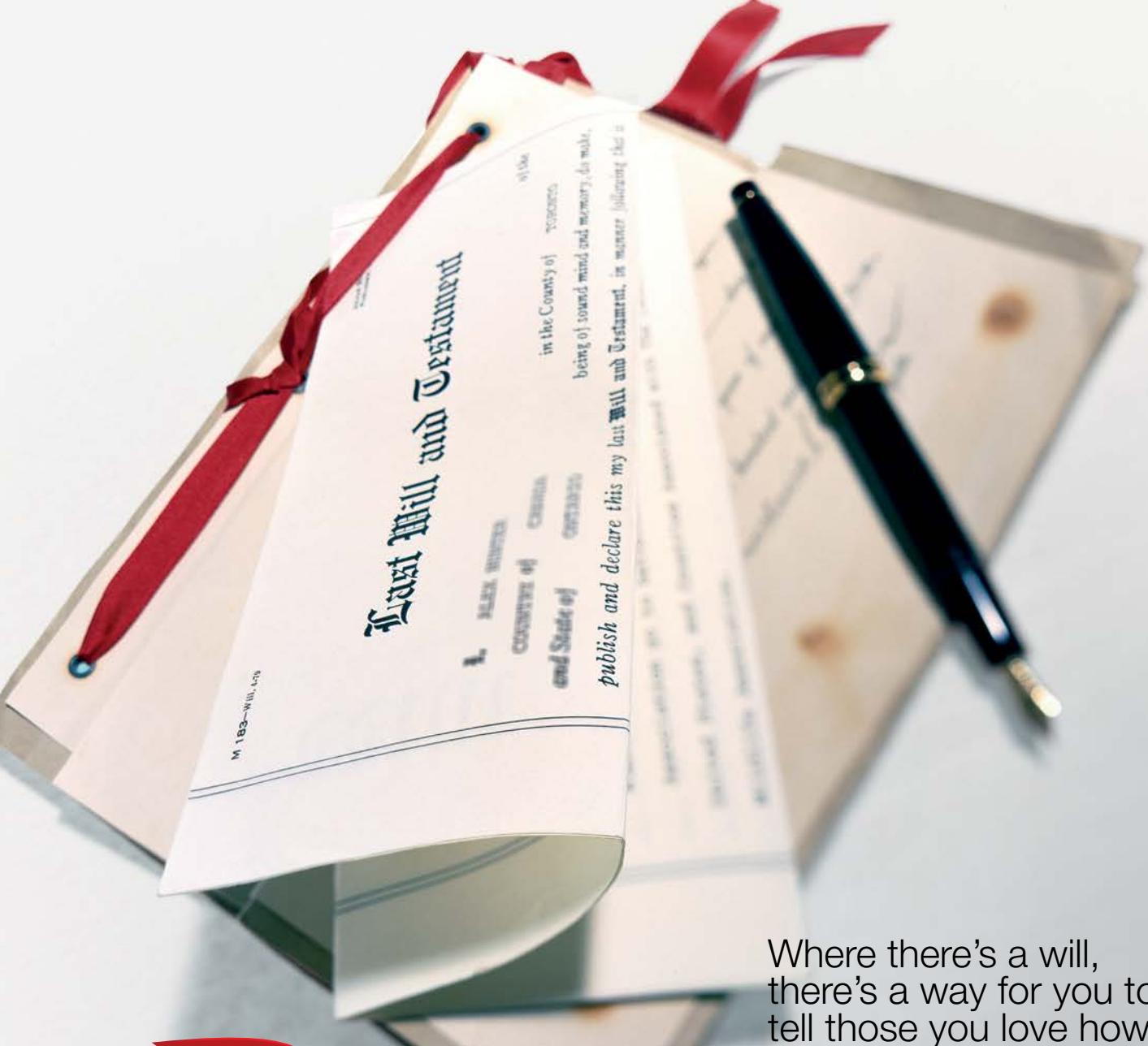
... climbing to the top of Kiek in de Kök to look out over Tallinn.

... spending an afternoon people-watching at one of the many cafés on Raekoja plats.

... visiting Alexander Nevsky Cathedral to have a look at its very ornate icons; time it so you can attend a short prayer service – a very moving experience.

WRITE your WILL

4. Prepare



Where there's a will, there's a way for you to tell those you love how you wish your possessions to be distributed. But it's about so much more than that.

our expert

Rumana Mahomed

Fiduciary Specialist at Accensis Inc. and attorney and member of the Fiduciary Institute of South Africa (FISA) answers our questions.



I'm not old enough to have a will, am I?

When I was at law school, our lecturer said, 'As soon as you are 16, you must have a will.' We didn't believe it, so we checked and, sure enough, the Wills Act says a will can be drafted by anyone who is 16 years and older. Stats show that women in particular often neglect to write up a will.

But what if I don't really have anything of value?

Even if you don't own assets of value, you may have things that are of sentimental value to those you leave behind. Your favourite jacket or piece of jewellery can easily become an issue of dispute. You can avoid petty disputes by including these little things in your will: I bequeath this to so-and-so. There's always chaos when someone dies; a will helps reduce this chaos.

A will is a working document that you should constantly update through your life, as your assets increase and decrease and as your circumstances change. The birth of a child, a marriage, a divorce or death can influence how your estate evolves.

So a will just says who inherits what?

It does deal primarily with the distribution of material possessions, but it's about more than that. It can effectively deal with the guardianship of your children. On the death of second-dying natural guardians, it can make provision for who takes over the guardianship, and how your children ought to be maintained. This avoids squabbles among family members. When guardianship is dealt with in a will, the Master of the High Court (who serves as the upper guardian of all minors, among other things) automatically validates that

appointment. On the other hand, if the guardian is not nominated, those taking care of the children have to approach the High Court to be appointed as guardians, which is an expensive legal process.

Nominating guardians saves time because the appointment is effected at the time the estate is being wound up. And when the children – who are still dealing with the anguish of having lost both their parents – know who they are staying with, they feel more secure. I advise my clients to communicate with those they'd like to nominate as guardians. The last thing you want is for someone to be shocked at the news that they have to take care of the children when they may not be in a position to do so. However, the nominated guardian may renounce that nomination.

The will can nominate a family member, a friend, the bank, an attorney or an accountant as an executor – whoever you wish. The role of the executor is to make sure your assets are identified and brought within their control, liabilities are settled and that the residue is distributed to your beneficiaries. So the executor has the responsibility and duty to carry out the wishes of the deceased.

If the executor mismanages estate funds or assets they can be found personally liable. Unless you specifically exempt the executor in your will, they have to lodge a Bond of Security (for the protection of your beneficiaries) with the Master. So where an executor is found liable, the Master has access to the executor's security to claim what was fraudulently or negligently used. Professionals usually have access to insurances that lodge the security on their behalf; for a family member or friend, this can be difficult to meet.

How do I make sure my will is legal?

The Wills Act stipulates the formalities that a will has to comply with. Basically, the will has to be:

- a written document
- signed in the presence of two competent witnesses (older than 14 who are capable of giving evidence in court)
- signed by the testator on every page.

The witnesses may not be beneficiaries to the estate.

In South Africa, great importance is placed on freedom of testation, which means that a testator's wishes must be carried out as far as legally possible and that a testator has unfettered freedom to dispose of his/her assets and may impose conditions. A simple will is drafted as follows:

1 *The person is identified* and any previous wills signed are cancelled – the Master gives effect to the most recently signed and dated will, so for expediency, cancel any previous wills.

2 *Nominate an executor.* If you need to create a trust, you can do that as well.

3 *Nominate guardians and make sure beneficiaries benefit exclusively* – whatever they inherit is for them alone. Remember, if they're married in community of property, 50% of their estate belongs to their spouse as it is a joint estate.

Could I just buy or download a template? Or do I need a professional?

Use a professional – they know the requirements of the Act and will ensure that you comply with them.

Very often, when a lay person drafts a will, they assume they've tied up all their affairs, but then a formality is absent, which inadvertently renders the entire will invalid. A professional also ensures that it is written in simple language, concisely and logically, without confusing or contradictory clauses.

A will is an estate planning tool. If you lead a complex life or if the value of your estate falls beyond the estate duty threshold, it is always best to consult a professional. Estate duty is payable to SARS at a rate of 20% levied on the amount of the estate exceeding R3,5m in value. If your estate is worth R4 million, the estate duty is calculated at 20% of R500 000. In the current economic environment you can easily reach this threshold just by owning a vehicle, a property and a life policy.

A professional guides you on how to legitimately reduce potential estate duty cost implications by the implementation of estate duty tools such as a will or a trust. As a result every wills consultation results in a mini estate planning discussion. The advice you're getting in that consultation is extremely valuable. Templates don't take into account your personal circumstances.

What sort of professional is best? Could I do this through my bank?

You should see a professional such as an attorney or fiduciary specialist to prepare your will. It is preferable to consult with a professional who is affiliated to the Fiduciary Institute of South Africa (FISA). Build a relationship with a professional who understands your circumstances and who approaches the process and your loved ones with empathy and a good understanding of your ambitions.

LOOKING FOR A TEMPLATE?

On the Netto Invest site (www.financialplanningsouthafrica.com), click on the tab 'free resources' to download their template. But they give the same advice as Rumana: rather engage a professional than write your own DIY will.

Where do I keep the will? Does it cost anything?

You can keep it. (Just make sure you've told someone where to find it!). Most professionals keep clients' wills at no additional cost.

The expense varies. Some institutions may offer to prepare your will for free but may charge an annual fee for storage or insist on being nominated as the executor to secure the administration of your estate. Other professionals charge a fee but allow you to nominate an executor of your choice. In the case of the latter one can pay anything between R350 to R5000, depending on the complexity of the will.

What if I don't know my financial position?

The fiduciary specialist is able, with your permission, to do the necessary checks. This person would then determine the exact value of your estate, fast-forward to your date of death and calculate your estate costs and whether there will be anything

substantial left for your loved ones after taking liabilities and other costs at death into account.

THREE CRITICAL EXPENSES WE HAVE TO MAKE PROVISION FOR:

- Estate duty – 20% of everything over R3,5 million.
- Capital gains tax calculated on the sale or transfer of shares and properties.
- Executor fee calculated at 3,5% on the gross value of the estate.

Is debt inherited?

If there are insufficient funds to cover the liabilities and additional costs, the executor has to either sell assets to defray the costs or request that the beneficiaries make a contribution towards the costs to save the assets.

If the liabilities far exceed the assets, the estate has to be declared insolvent. You don't inherit debt, but the estate is declared insolvent and all the creditors have to be appeased in accordance with the Insolvency Act.

What happens if I don't have a will?

If you die without a will, you die intestate. Many people are under the impression that if they die without a will their assets will be forfeited to the State. However, that is not the situation. The Intestate Succession Act determines who your beneficiaries are, in a particular order of preference. But it doesn't protect beneficiaries married in community of property, deal with guardianship of your children, nominate your executors, or prevent the funds from going into the guardian's fund. It unnecessarily delays the process of winding up your estate. ♦



WOODLANDS
DAIRY

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chooses the Earth



First Choice® UHT Milk is good by nature. It's sourced from pasture fed cows and packaged in an environmentally friendly carton. So it's good for you and the Earth. In fact, with First Choice® long life milk, it's all good.



Healthy

living**good to know!**

Are your fibroids causing trouble?

Fibroids are common, benign growths in the uterus that start from a single muscle cell in the uterine wall, explains Dr Andrew Lawson. As they grow, they can affect the lining of the womb, in which case they cause heavy periods, anaemia and debilitation. Also, they sometimes press on adjacent organs: on the bladder, frequent urination results; on the colon, constipation. They can also cause a bloating sensation, and, if they press on the spinal nerves, sciatica, which can be very painful.

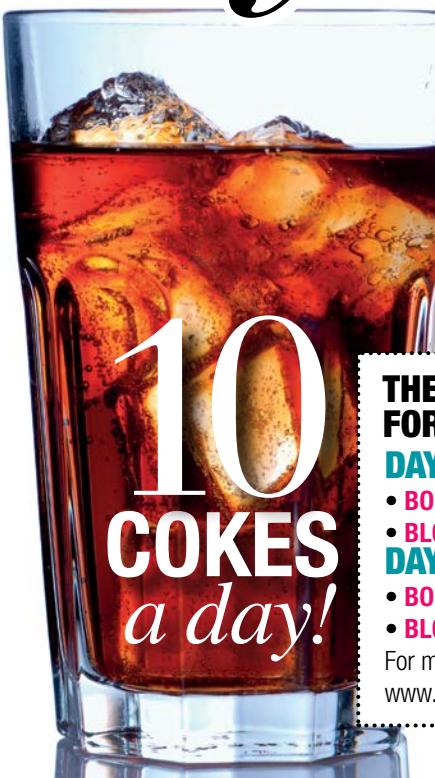
THE GOOD NEWS? Fibroid embolisation is a minimally invasive, non-surgical treatment. It replaces the traditional treatment, which is a hysterectomy, in many cases.

Find practitioners on www.fibroidcare.co.za and watch the video for more info.



MAKE EYE CONTACT

Chatting to someone wearing sunglasses is disconcerting. Because you can't see their eyes, it feels as if you're missing some sort of connection. With specs wearers, it's almost as bad, as there are often reflections on the lenses. And for the person wearing the specs, reflections interfere with their clarity of vision. If you wear specs, ask your optometrist to apply a Zeiss DuraVision anti-reflective coating. It allows more light in, improving vision and reducing reflections. But it gets even better: the coating is anti-static and repels dust, so your specs are easy to clean, and it also protects the lens itself from wear and tear.



Your fast track to wellness...

That's what George Prior did, to raise awareness about how much sugar we're drinking every day, and to see the negative effects. Before you say, 'who drinks 10 a day?' add up the other sugary drinks, he says. Fruit juice, sweetened coffee or tea, 'healthy' iced teas, energy drinks, smoothies...

THE RESULTS SPEAK FOR THEMSELVES:

DAY 1 • WEIGHT: 76,2KG

• **BODY FAT:** 9,4%

• **BLOOD PRESSURE:** 129/77

DAY 30 • WEIGHT: 86,63KG

• **BODY FAT:** 15,3%

• **BLOOD PRESSURE:** 143/96

For more info, go to www.10cokesaday.com

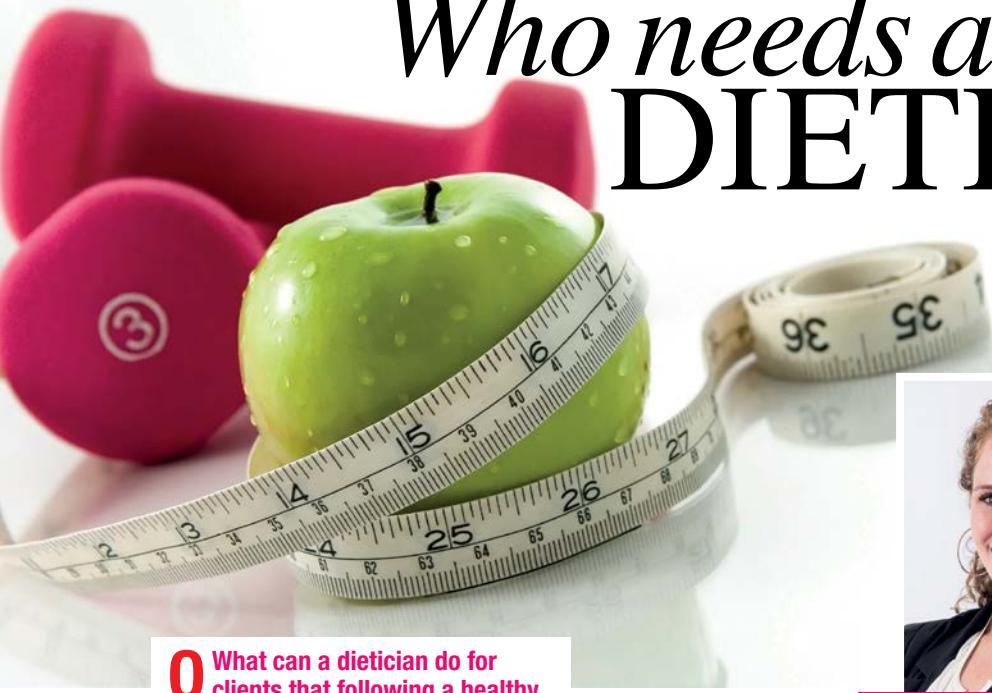


Two readers could receive an eye test, Zeiss lenses and an anti-reflective coating at any Zeiss-accredited optometrist nationwide – worth from R3000 each, depending on your requirements.

HOW TO ENTER: SMS the keyword ZEISS, along with your full name, physical or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply. Or visit dailyfix.co.za to enter online.

CLOSING DATE: 30 April 2015. For rules of the giveaway, see page 145.

Who needs a DIETICIAN?



We asked **Lila Bruk & Kezia Kent**, registered dieticians at Lila Bruk & Associates, what they offer.



KEZIA KENT



LILA BRUK

Q What can a dietitian do for clients that following a healthy diet won't?

LILA: It can be extremely confusing to wade through the minefield of information that surrounds eating healthily. Dieticians are the recognised authorities in all nutrition-related matters, so they are in the best position to be able to translate scientific evidence into easy-to-understand, practical guidelines. Also, regular follow-ups with a dietitian provide support, monitoring, advice and assistance to ensure that the client reaches their goals. One of the most important advantages of seeing a dietitian is that they will tailor-make the eating plan according to the individual's needs so that the plan fits their lifestyle.

Q How long do you study to be a dietitian?

KEZIA: You do a Bachelor of Science degree in Dietetics, or a Bachelor of Science Medical Honours degree in Nutrition and Dietetics (depending on the university). This degree is a four- or five-year (including undergraduate and honours degrees), full-time programme, divided into different aspects of food science, human nutrition, community nutrition and medical nutritional therapy.

Q What proportion of your clients lose weight when they follow your recommendations?

LILA: We have an extremely high success rate. Assuming our clients stick to their eating plans and make the necessary

exercise and lifestyle changes, they should see positive results. We also take a holistic approach to weight loss by assisting clients with recognising barriers to their weight loss (e.g. a very busy social life, or frequent travelling) and developing coping strategies.

Q What proportion of clients sustain their weight loss?

LILA: Assuming that the individual puts lasting sustainable changes in place, they should find that they don't regain their weight. However, we recommend that our clients come in monthly once they're at their goal weight in order to keep their weight in check and to address any concerns or issues that may have arisen.

Q What dietary approach, in your experience, works best for sustained weight loss?

KEZIA: The best approach is one that can be sustained in the long run, that fits into your lifestyle and that allows you flexibility to make the right choices no matter where you are. We also take the individual's specific circumstances into account.

Q How often do you recommend that your clients see you if you're managing weight loss or looking at improving metabolic factors?

KEZIA: Most clients come weekly or fortnightly. This gives them an opportunity

to address concerns, issues and obstacles that they may have experienced, as well as for us to give them extra information, guidance, tips and motivation.

Q What role do weigh-ins play?

LILA: They help the client to stay on track. Knowing that you are going to be weighed keeps you accountable for the food choices that you make, but also gives us an opportunity to give further support, guidance and motivation.

Q Are clients' eating plans tailored to their preferences?

LILA: Yes, we always try to ensure that we have taken into account the client's needs based on cultural, religious and taste preferences; health conditions; activity levels; lifestyle and time constraints.

Q Can you be a dietitian and NOT subscribe to the food pyramid?

KEZIA: I think a better question would be whether you can be a dietitian and subscribe to the food pyramid at all, as the food pyramid is an outdated tool that was developed in the 1970s. Times have changed since then, as have dieticians' recommendations. Dieticians must stay up to date with new research and only subscribe to and recommend the most current evidence-based nutrition information. ♣

my achy- *breaky* BACK

Back pain – but lower back pain in particular – is the most common reason that people see a doctor, says the World Health Organisation. There's no escape; it interferes with quality of life (and work performance). And the tricky thing is that it's seldom due to something specific, so it's difficult to treat. There is some good news, though!

IT can happen while playing tennis or riding a horse, when you're pregnant or just lifting shopping out of the boot. The triggers for back pain are wide-ranging. Bending awkwardly, overuse of muscles, injury, pregnancy, lifting, carrying, pushing and pulling heavy objects are all fairly obvious causes. Some less obvious risk



our expert

Cecily Smith

physiotherapist

For a solution that's far cheaper than physiotherapy, Cecily has developed interactive software for an annual subscription fee that prompts you to maintain optimum posture. For more info, go to www.csbodyhealth.co.za/Body-health-Software-Individual/



factors are smoking, long-term use of corticosteroids, and stress. Smoking? It causes inflammation of the blood vessels, further compromising an already poor supply of blood to the spine (#anotherreasontoquit). Corticosteroids, which reduce inflammation, for example in asthma, do over

time increase the risk of osteoporosis, diabetes and high blood pressure; weaker bones are less stable and can cause back pain. But the potentially life-threatening risk of asthma is more pressing. And stress is a pervasive problem that isn't easily routed.

More often than not, though, there isn't any obvious reason for back pain. It could be caused by doing nothing much at all – slouching on the couch, driving for hours without taking a break. It could creep up on you slowly, or its onset could be sudden – one day, you wake up in agony.

Most of us will experience some form of back pain, from neck pain like acute torticollis or whiplash, to slipped discs, sciatica and lower back pain (most commonly), at some point in our lives – all as painful as they sound. Back pain is so common that the image of someone clutching their lower back is universally understood to convey the idea of pain, and when you call someone 'a pain in the neck', it's clear just how irritating they are.

The problem with treating back pain is that it's difficult to narrow down exactly what has caused it – your spine is an intricate system of bone, joints, cartilage, tendons, muscles, nerves and blood vessels. And if you can't find the cause, you won't know how to take away the effect. There's a lot to look at when someone walks into your practice, says physiotherapist Cecily Smith. 'Is it mechanical, chemical (inflammation) or a combination? Is there anything structurally dangerous that might impinge on the spinal cord? For example, in uncontrolled TB, when one's not on medication, the TB can spread to

the spine, softening the bones, which collapse and cause paraplegia. Is there arthritis and degeneration of the joints or discs? Is there a prolapsed disc putting pressure on the nervous system? Must part of it be removed to keep the nerve alive? Or is it not that badly damaged, and may be managed conservatively? Is it part hereditary, like ankylosing spondylitis?'

But these scary scenarios aren't the norm. It's far more likely that the pain is down to something 'obscure and nebulous', as the WHO puts it. They say the probability that a case of back pain has a specific cause is only 0.2%.

The experts categorise back pain as acute or chronic. If it's acute, here's the good news, sort of. It lasts no more than 12 weeks; it is 'self-limiting' which means it tends to go away on its own, regardless of the treatment you follow (or don't). So whether you see an osteopath for manipulation, go to the physio, have a chiropractor adjust your spine, have acupuncture, spa therapy or heat treatments, do yoga, turn to herbs – or do nothing – it won't make any difference? Not as far as they can tell, says the WHO. But some swear by their osteopath/chiropractor/massage therapist/acupuncturist/physio. The WHO thinks it may be more about the 'laying on of hands' than any intrinsic feature of these approaches. But if you feel it works for you, why not?

Paracetamol and non-steroidal anti-inflammatory drugs make pain tolerable, but as the WHO points out, self-medication directions restrict

usage to 12 days. And corsets, bed rest, and braces – all pretty standard previously – are thought to be unhelpful, as they prevent your muscles from giving the necessary structural support, the same report says. As for corticosteroids, don't bother – a placebo was shown to have the same effect: temporary relief only.

It usually takes tissue about three months to heal, so beyond 12 weeks, your pain is termed 'chronic'. And

it's more difficult to treat than acute pain. In desperation, some practitioners suggest surgery. But, says the WHO, 'almost always it is unjustifiable and usually fails to provide permanent relief'. Interestingly, the report suggests psychological factors play a role – and this is especially marked in those who experience chronic back pain: 'Dissatisfaction with a work situation, a supervisor, a dead-end job and boredom all contribute greatly to the onset and persistence of back pain.' This seems to be a bigger factor than previously held beliefs about the causes of pain, like weight, lumbar lordosis, height, BMI – even different leg lengths.

And as for disc herniation and spinal canal narrowing, which happens to most of us as we age: not responsible for the pain. It's only rarely that surgery alleviates pain in these cases.

Of course you'd aim for a cure, but 'it may be difficult to achieve. Ability to live with the pain – getting on with your life – with minimal restrictions imposed by the pain may be a more realistic goal,' says the WHO.

'People think there's a quick fix

'Learn how to lift correctly, how to sit at your desk, how to sit in the car. Exercise is important. But movement patterns are more important.'

and that there's one fix for all, but there isn't,' says Cecily. 'You need to understand how the body works. Learn how to lift correctly, how to sit at your desk, how to sit in the car. Exercise is important. But movement patterns are more important.'

Keeping the curve

The S-curve refers to the side view of a normal spine – the neck or cervical area curves forwards, the thoracic spine curves backwards, and the lumbar spine, forwards. That S-curve acts as a shock absorber, says Cecily. 'It also reduces the loading on the spine because it throws the centre of gravity between your feet, spreading your body weight. When you sit, or slouch, you reverse the curve, greatly increasing the loading on the spine. That increases the rate of wear and tear on your spine, which is why those are high risk postures.' She adds that bending, lifting and sitting put more pressure on the spine than walking and standing. Even if you're sitting upright, there's less of a curve than when you stand – sitting rotates

the pelvis backwards so the curve starts to flatten, increasing the pressure on the spine. Cecily points out that in addition to downward pressure; there's also shearing pressure, forwards and backwards – it's three-dimensional. 'The forces acting through the spine are extensive. Correct posture reduces shearing and the longitudinal pressure.'

Good posture

(the best strategy for back pain prevention)

If you don't keep your body well aligned, flexible and strong, certain parts of your body take strain, explains Cecily. If your posture is poor – a mechanical problem – certain muscles go into spasm, others relax. Over time this causes wear and tear, which causes chemical reactions. Arthritis due to wear and tear is an inflammatory reaction, which is chemical. A very common cause of mechanical problems of the lower back is stiffness of the hamstring or hips, says Cecily. 'Then the back takes more strain. Stiffness also

means you can't get into certain positions so you put yourself into weaker postures. As an example, if you try to carry something with a straight arm, it is much heavier than if you bent your elbow to 90 degrees. That's leverage – the law of levers applies to every part of your body. If you are in positions that use long or excessively shortened levers, they are weaker, and fatigue and get injured more quickly. They should be in their mid position where they are strongest.'

Cecily applies this principle to the core muscles: 'When you slouch or overarch, your core muscles are in their lengthened or very shortened position so they are at their weakest and can't contract easily.' Instead, you need to find your neutral spine, midway between fully bent and fully arched.

'If your posture is poor,' says Cecily, 'you are teaching certain muscles to over-contract all the time, and then you get fatigue, spasms, and trigger points, and that can refer pain.'

PHOTOGRAPHS: GALLO IMAGES/GETTY IMAGES, CHELSEA MACLACHLAN
ILLUSTRATIONS: LOUWRA MARAIS. TEXT: WORLD HEALTH ORGANISATION, NATIONAL HEALTH SERVICE CHOICES.

Sitting at your desk all day?

IS YOUR CHAIR AT THE CORRECT HEIGHT?

Move it up or down until your arms rest on your desk. You're looking for an L-shape in the arms: elbows at your side, forearms at a right angle to the upper arms. You shouldn't have to stretch your arms to reach the keyboard. The same goes for the mouse: have it within easy reach. Also, try to keep the wrists as straight as possible. And if the armrests on your chair get in the way, or don't fit under your desk, remove them. No hunched shoulders either! Your hips should be only slightly higher than your knees, with thighs

If your seated posture is incorrect, it can contribute to back pain. Go through this checklist to avoid problems.

parallel to the floor. Your feet should be flat on the floor. If they don't reach, use a footrest. Having your feet in the correct position helps prevent you sliding down in your chair, into poor posture.

IS YOUR BACK PROPERLY SUPPORTED?

To maintain the curve in your lumbar spine (lower back) while sitting for long periods, your back needs help. If it isn't properly supported, your back muscles





1. Plank

- Place arms shoulder-width apart, and feet (with toes curled under) in line with the hips.
- Lift body into plank position – head, back and butt in line. Don't round the back or allow it to collapse.
- Hold for 10–15 seconds.
- Repeat five times.



2. Wall squats

- Don't go lower than 90 degrees to avoid straining your knees.
- Hold for 20 seconds.
- Repeat five times.



3 Lunge

- Take a step forward, keeping the heel of the rear foot flat on the floor.
- Lean forwards slightly, without leaning on your knee.
- If you're uncomfortable, take a smaller step.
- Hold for 25 seconds.
- Repeat three times on each side.



4 Hamstring stretch

- Put your right heel on your chair (at the lowest setting), on your footrest, on a stair or any other raised surface.
- If you need to (especially if your chair is on wheels), hold onto a stable surface to keep steady.
- Pull your toes towards you, with your knee straight.
- Push your heel to the ground.
- Hold the stretch (which you should feel behind your leg) for 3 seconds.
- Switch to the other leg.
- Repeat twice on each side.

have to work a lot harder. Angle the backrest to -8 degrees for better comfort and reduced spinal loading. Keep the S-curve by using your backrest. Sit right back in the seat.

IS THE TOP OF YOUR PAGE AT EYE LEVEL?

Your screen should be about an arm's length away and your eye line should be at the top third of the screen. Adjust the monitor so that you aren't looking down (or up) – and taking your neck out of its natural curve, which causes strain. This is such a common symptom of sitting at computers or poring over hand-held devices that it's been dubbed 'tech-neck'. If you use a laptop, you probably need a stand. Or rest it or the monitor on a sturdy box or a pile of magazines. For loose papers on your desk, buy a document holder to stop you bending your neck.

YOU NEED TO EXERCISE AT THE OFFICE!

1 GET UP AND WALK AROUND!

Set a pop-up screen alert or, if you have a step monitor, set it to buzz every half hour or so to remind you to move. Or use Cecily's software which does this and gives you exercises to do.

2 SIT TALL IN YOUR CHAIR

• Grow tall from the back of your head to the ceiling.

- Breathe in slowly, thinking happy thoughts.
- Breathe out slowly, imagining dark thoughts leaving your body.
- Repeat three times.

3 DO THE TWIST

- Sit up straight.
- Turn to one side.
- Breathe in and out slowly.
- Turn to the other side.
- Do twice on each side.

4 SIDE BEND

- Sit up straight.
- Hold your elbows, and pull your arms towards the back of your head.
- Lean slowly to your left, then to the right.
- Do three on each side.

More tips on avoiding daily wear and tear

- Lifting heavy objects (including babies and toddlers) incorrectly is a common, avoidable cause of back injury. Take your cue from weight lifters: bend your knees and hips (not your back), spread your legs, and keep the weight close to your body.
- Don't bend and twist at once.
- If you can, carry heavy loads in a rucksack rather than in a shoulder bag. Or get a wheelie shopping cart if you walk from the shop laden with bags; they're not just for little old ladies.
- When you're driving, adjust your seat so that you can reach the pedals with your knees bent. ♦



What makes you feel strong?

Lira: 'Being able to decide what is best for me and my career, and then pursue that. I have a lot of love and support from my husband and business partner, my friends and family and most importantly, my incredible fans!'

What does being a South African woman in 2015 mean to you?

Jo-Ann Strauss: 'It means living in a country filled with opportunity and contradictions and being able to do my best to make sure I leave my Mzansi in a better state than I found it in.'

Lira wears...

THE ANDONI
DRESS (R999)
BY MANTSHO

STUD EARRINGS (R175) AND RING (R350) LOVISA;
HEELS (R1990) EUROPA ART

Jo-Ann wears...

THE TRENCH
DRESS (R795)
BY LEIGH
SCHUBERT

EARRINGS (R350) LOVISA;
HEELS (R499) ZOOM

CONNECT SUPPORT CELEBRATE!

To celebrate our 50th birthday, we teamed up with Spree.co.za to bring you a one-off designer dress collection by four of SA's top fashion designers. The brief? A red dress for a strong, beautiful woman. And who better to show them off than four of our fave SA faces? The designers are offering these eight gorgeous dresses for a special price on Spree.co.za. And we're spreading the love, too: a portion of the sales will go to The Pink Ladies, an organisation that supports the SAPS in their work to find missing persons.



A full-length photograph of a woman with long dark hair, smiling and looking towards the camera. She is wearing a red, long-sleeved, knee-length dress with a prominent front knot detail. She is standing with her hands on her hips against a plain white background.

*How has
motherhood
changed you?*

Jo-ann Strauss: 'Having a child has made me more aware of the fact that time is our most precious commodity. One of my favourite quotes says that time is more valuable than money because you can always get more money, but you can't get more time. I am a lot more conscious of how I spend my time and who I spend it with, now.'

*Jo-Ann
wears ...*
THE KNOT
FRONT DRESS
(R999)
BY HABITS

EARRINGS (R150) LOVISA



How do you feel about being a South African female athlete?

Vanessa Haywood-Sandes:

'It's a massive privilege to be able to inspire men, women and children to lead healthier lives and also to realise that your limits are self-imposed. Long before I completed my first ABSA Cape Epic I thought taking on a monster like that would be impossible for me. When I finally did enter, most people didn't think I would finish. I've now completed two, despite suffering chronic asthma attacks in the second one. It's also incredibly satisfying representing SA women in races both here and abroad. As South African women we've come a long way, but we still have a way to go – breaking down barriers, speaking out and staying strong. Using my profile as both an amateur athlete and entertainer provides me with a very important platform that gives me a voice. If I can affect just one woman's life, my work is done.'

Vanessa wears...

THE MARINGA
DRESS (R395) **BY**
AMANDA LAIRD
CHERRY

EARRINGS (R330) LOVISA; HEELS (R659) ZOOM

Lira wears ...

THE ROSANNO
DRESS (R595)
**BY AMANDA
LAIRD
CHERRY**

BANGLES (R289 PER SET)
ACCESSORIZE

Where are you at your happiest?

Lira: 'It's strange, but I tend to be most fulfilled when I'm alone, connecting with myself. I've spent so much of the last 12 years giving myself to everyone else that lately I find being by myself brings me a kind of joy that is more intense; that it somehow makes me an even better person to all those around me when I am with them.'





*Are you hopeful
for women in SA?*

Amy Kleinhans: 'I am very grateful to be part of this exciting time for women in South Africa. We have space to grow and expand as a community and nothing can be more inspiring. The sky's not the limit –there are footprints on the moon!'

*Amy
wears ...*
THE BOX DRESS
(R999) **BY**
MANTSHO

NECKLACE (R599) ACCESSORIZE;
HEELS (R1 099) RIVER ISLAND



Vanessa wears ...

THE WRAP
DRESS (R999)
BY HABITS

NECKLACE (R199,95) KLINKS

Do you feel different now that you're married?

Vanessa Haywood-Sandes: 'I don't think it's changed me but it's created an even stronger, more beautiful bond between Ryan and me. He's my best friend and the day I married him I felt an immense sense of peace; that the "search" was over and I had finally found my "person". I think that as a woman it is important to always act with grace, respect (for both yourself and others) and love, no matter whether it's in friendship, marriage or business.'



Amy wears...

THE WRAP DRESS
(R695) **BY LEIGH SCHUBERT**

EARRINGS (R350) LOVISA

What does red symbolise for you?

Amy Kleinhans:

'The colour red, for me, symbolises energy and warmth and being bold and brave. Red encapsulates being ambitious and striving for the best.'

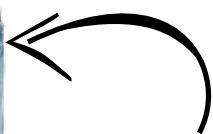
HAIR & MAKEUP: KELLI PAITAKI AT GLOSS ARTIST MANAGEMENT. HAIR: LYNDAL FITZGERALD AT SUPERNOVA AND SHAUGHN ADAMS AT IMAGE HAIR. FASHION INTERN: KIRSTIN GERBER

denim DIRECTORY



River
Island

RIPPED JEANS (R799)



We've created our own little black book (or should we say little blue book?) just for you – here's where to go for jeans in just about every shape, style and cut.

FASHION FORWARD

What you'll find:

Loads of on-trend, high-fashion styles like ripped denims and boyfriend jeans. They also have a variety of length measurements if you find that jeans are often too short or too long on you.

DIY TIP: Want to update an old pair into something trendy? Take a pair of scissors to them and make your own rips (less is more!).



• RIVER ISLAND
• TOPSHOP

CLASSIC

What you'll find:

Most styles, from boyfriend to skinny, typically in solid blue, white and black. You'll find some items with trendy detailing like a slight rip or studs, but typically nothing over the top. Also keep an eye out for other denim items like shirts and jackets.

These stores also have a good size range, and some even have separate plus size ranges with wider variety!

- WOOLWORTHS
- ZARA
- COUNTRY ROAD
- MANGO
- QUEENSPARK



STRAIGHT-LEG JEANS
(R550) QUEENSPARK



WIDE-LEG
JEANS
(R759)
ZARA



DENIM SHIRT (R699) MANGO

V

IS FOR VALUE

- MR PRICE
- EXACT
- FOSCHINI
- COTTON ON
- TRUWORTHS

Exact

What you'll find:

Every denim style under the sun, at super affordable prices. It's denim for days at these stores!



SKINNY JEANS (R499) FOSCHINI



JOGGER JEANS (R499) COTTON ON



TUNIC (R159,99) MR PRICE

VARIETY IS KEY

Lucky
Brands

What you'll find:

Loads of variety! These shops are all about the name brands, such as GAP, Lucky Brand, Salsa, FDJ, Miss Me and loads more. At Edgars, you'll also find their own in-house brands.

DENIM JACKET (R499,95) FREE 2BU, EDGARS



DENIM SKIRT (R1 199,95) LUCKY BRANDS, EDGARS

SPEND AND SPLURGE

- DIESEL
- G-STAR RAW
- SHOP-LABEL
- REPLAY
- CLOTH & LABEL
- 7 FOR ALL MANKIND

STRAIGHT-LEG JEANS (R3 200)

What you'll find:

Heftier price tags, yes, but sometimes the extra spend is worth it. If you live in your jeans, it pays to buy a pair that moulds to your body and fits better with each wear. Also great if you want timeless pieces.



Replay

OLD FAITHFULS



Sissy
Boy

What you'll find:

Good quality denim at average price points. These stores will definitely have something for you. Although they stock other items as well, they are denim brands first and foremost.

- LEVI'S
- GUESS
- SISSY BOY

PATCHWORK SKIRT (R799)

CLICK, CLICK

There's nothing more convenient than online shopping. These are our faves for denim:

- SPREE.CO.ZA
- SHOP-LABEL.COM
- WOOLWORTHS.CO.ZA
- SUPERBALIST.COM
- MRP.CO.ZA

just JEANIUS

Fashion ed Cara-Lee talks us through derrière-enhancing denim, chic ripped jeans and dungarees for grown-ups.

Q: I have a totally flat booty. What can I do to make it look a little more shapely and full?



A: Denim brands are introducing clever new tricks to fool the eye when it comes to our curves (or lack thereof!). For example, these Freddy jeans have strategically placed seams to support and reshape your derrière. Clever, right?

T-SHIRT (R199) COTTON ON; JEANS (R1 999,95) FREDDY, STUTTAFFORDS; BANGLES (R199 FOR SET) MANGO; HEELS (R899) ZARA

*All
in the
seams!*

SKINNY JEANS,
(R1 900) SALSA,
EDGARS

Q: I love the ripped jeans trend but have no idea how to make it look chic instead of cheap. Help!



A: The trick is not to let it look like you've been attacked by Edward Scissorhands. Choose dark, classic jeans with just one rip at the knees. Team it with a sleek blazer and a classic court heel to keep the look polished.

SLEEVELESS BLAZER (R859) ZARA;
BLOUSE (R199) COTTON ON;
BANGLE (R799) STERNS; JEANS
(R899) WITCHERY, WOOLWORTHS;
HEELS (R899) ZARA



LEFT: DARK
DENIMS
(R399)
COTTON
ON.
RIGHT:
LIGHTWASH
JEANS
(R2 199)
CALVIN
KLEIN

Q: Can a denim dungaree work on an older woman? They always look so comfy and cool, but I am not sure I can pull it off.



A: Yes, you can! Three rules: keep them dark blue, wear a tailored blouse underneath (with sleeves) and stick to long ones – no short dungarees please!

SHEER TOP (R659),
DUNGAREES (R999)
BOTH ZARA; BANGLE
(R999) STERNS; HEELS
(R899) ZARA

*Just
three
rules!*



LEFT: BLUE DUNGAREES
(R499,95) FREE 2BU,
EDGARS. RIGHT: DARK
DUNGAREES (R399)
IDENTITY

PHOTOGRAPHER: ANEL VAN DER MERWE, FASHION INTERN: KIRSTIN GERBER

Style news...

WINTER PALES



The flawless trend is inspired by luxury and comfort with colours of nudes, white, pinks and accents of black. Our **Fashion editor Cara-Lee** shows you how to wear these ballerina pink items to work and after hours with a selection from **Edgars**.



TO THE OFFICE

It is all about layering. Think of them as smart work trousers and dress them as you would your black or grey tailored pants. A soft blouse under your blazer topped off with a chic long coat dresses them up just enough. Your accessories will polish off the look, making it boardroom appropriate.



OUT TO DRINKS

Keep the pants and soft blouse; you want the look dressy but more relaxed and edgy. Team with a leather jacket and black and metallic accessories and – voila – your daytime, casual jeans are vamped up, ready for a night on the town.

everyday DENIM

Dark, faded or distressed, denim is as versatile as it is varied. Stock up on these five wardrobe essentials.

1 THE JACKET

A denim jacket goes with everything, and it's a great transitional item for those in-between days. Definitely worth the purchase.



DENIM JACKET WITH ZIP DETAIL (R999) MANGO



TWEED AND DENIM JACKET (R4 899,99)
SCOTCH AND SODA

THE JEANS

This one needs little explanation: if you find a shape and style that works for you, buy it in every colour!



DARK STRAIGHT LEG JEANS (R799) TRENDY, WOOLWORTHS



BLUE STRAIGHT LEG JEANS (R249,95) KELSO, EDGARS

2 THE DRESS

BELTED DENIM DRESS (R6 260)
MAX MARA



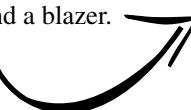
Dress it up or down (depending on the occasion) and when the weather cools, transform the look by pairing it with a chunky knit.



SHIRT DRESS (R399) STYLE REPUBLIC, SPREE.CO.ZA

3 THE SKIRT

Wear it casually on the weekend with your sandals and a tee, or for work with heels and a blazer.



FIT AND FLARE SKIRT (R230) EXACT



PENCIL SKIRT (R380)
TRUWORTHS

5 THE SHIRT

Wear on its own or totally unbuttoned as a lightweight cover-up – it's perfect for weekends away or to throw on for the school run.

*perfect
cover
-up*

SLEEVELESS SHIRT (R349) COTTON ON



LONG-SLEEVED SHIRT (R699)
FOREVER NEW



1 IN 4 WOMEN EXPERIENCE UNEXPECTED LEAKS

Our **TENA Lady** range is purpose-designed to provide maximum protection and discretion for light bladder weakness. Our body-shaped liners and pads are comfortable, absorb more than sanitary pads and offer triple protection from leaks, odours and moisture. **That's why we are the number one global incontinence brand.**

TENA LETS YOU BE YOU.



TENA Products are available in most pharmacies and retail outlets. You can order a free TENA sample by visiting www.tena.co.za. Consumer Care Line: 0860 673 377 | Website: www.tena.co.za | Email: tena@za.nampak.com | Online shop: www.tenashop.co.za

LET IT *glow*

Skin looking a bit dull? Get your radiance back with a few key lifestyle changes and a little bit of help from our favourite light-enhancing products.

Stress, insomnia, exposure to the elements (sun and wind) and a host of other factors can really take their toll on your

skin – so we shouldn't be surprised that tired-looking skin is listed as one of South African women's top three skin complaints. So what can we do about it?

First things first: kickstart your glowing complexion from within. Are you drinking enough water? H₂O not only keeps you hydrated throughout the entire day; it also flushes out toxins, making a gorgeous glow easier to achieve. Remember to sip your 2L of water throughout the day

in order to properly feel (and see!) the benefits.

Secondly, never underestimate the power of sleep – it helps your skin re-energise and regenerate. You need about seven hours of shut-eye per night to function properly. Remember to avoid looking at your cellphone, tablet or television for at least an hour before bed as the illuminated screen makes it harder for you to fall asleep.

Try Clinique's Turnaround Overnight Radiance Moisturizer before you hit the hay. It gently replaces your dull, worn-out cells while you sleep, and sinks into the skin with ease. With regular use, your complexion should become brighter and smoother.



Our best glow-getters:

SKIN

Moisturiser: Nivea Q10 Plus Anti-Wrinkle Energising Day Cream SPF 15, R149,99

Cleanser: Pond's Gold Radiance Radiance Revealed Facial Foam, R129,99

Exfoliator: Clarins Gentle Exfoliator Brightening Toner, R365

Serum: Nivea Q10 Plus Anti-Wrinkle Energy Serum, R149,99

Eye Gel: La Mer Illuminating Eye Gel, R1 480

Night Cream: Clinique Turnaround Overnight Radiance Moisturizer, R540

Facial Oil: L'Oréal Paris Age Perfect Extraordinary Facial Oil, R234,95



BE SKIN SAVVY

Nivea's new Q10 Plus Anti-Wrinkle Energy range is a great way to give exhausted skin a boost. The Energising Day Cream contains natural goji berry extract that helps your skin recover from stress and fatigue. And, as an added bonus, it prevents premature ageing and slows down the production of pigmentation and fine lines. All good! The secret apparently lies in the hyaluronic acid (HA) and coenzyme Q10 in the range: as we age, our skin's natural HA depletes, and this serum re-introduces it, resulting in a fresher, more youthful appearance and banishing all signs of dullness.

The thin layer of skin around your eyes is the first to show signs of tiredness and dullness, so a good eye cream or gel is a must. La Mer's new Illuminating Eye Gel is pricey but effective – it has the same healing properties as their famous Miracle

Broth™. Apply twice a day to look instantly refreshed.

Just a few drops of L'Oréal Paris Age Perfect Extraordinary Facial Oil go a long way, thanks to the luxurious blend of rose oil and seven other essential oils. After use, skin feels cashmere-soft and radiant.

TOP TIP

For a quick 'glow' fix, try sucking on an ice cube. It chills the millions of blood cells in your cheeks and lips and increases circulation, giving your face a plumper, rosier appearance...

BODY

Body Lotion: Nivea Naturally Even Body Lotion, R32,99 for 250ml

Exfoliator: Clarins Exfoliating Body Scrub For Smooth Skin, R415

Wax: Oh-Lief Natural Olive Body Wax, R120

Body Cleanser: Lipidol Cleansing Body Oil, R79,95

Body Gel: African Extracts Refreshing Bath & Shower Gel, R39,99

TOP TIP

Have you ever tried meditating? Taking in deep, slow breaths for just 10 minutes a day can dissolve stress and anxiety, two huge contributors to a sallow complexion. Meditation calms the mind as well as the body.

SKIN REBOOT

Got the best body products but still looking worn out?

You're probably in need of a temporary detox. The outside of your body mimics what's happening on the inside, so try increasing your intake of fresh vegetables, limiting salty snacks and cutting out sugar and alcohol for at least five days – you'll be amazed at the difference it makes.

Getting a bit of exercise every day will also get that glow going. Try a 30-minute walk just to get your heart rate up. Hop into a shower afterwards and lather up with African Extracts Refreshing Bath & Shower Gel: the rooibos extract and jojoba oil in it refresh and rejuvenate the skin. For best results, apply body lotion too. A light-weight body moisturiser like Nivea Naturally Even Body Lotion is absorbed quickly and restores your natural skin tone. It also protects from dark spots and pigmentation.

Buff your body at least once a week with Clarins Exfoliating Body Scrub For Smooth Skin – it contains natural bamboo powders to slough off rough skin cells, and shea butter to leave the skin feeling soft. And it smells gorgeous!



The outside of your body mimics what's happening on the inside, so try increasing your intake of fresh vegetables...

FACE

Highlighter: YSL Touche Éclat Radiant Touch in 5, R510

Face Illuminator: Revlon Photoready Skinlights Face Illuminator in 100 Bare Light, R170

Illuminating Foundation: YSL Le Teint Touche Éclat Illuminating Foundation in Beige Doré, R580

Anti-Fatigue Foundation: Guerlain Météorites Baby Glow Light-Revealing Sheer Make-Up Anti-Fatigue Effect SPF 25, R750

Powder: MAC Mineralize Skinfinish in Soft & Gentle, R350

For under your foundation: Clarins Instant Light Radiance Boosting Complexion Base, R345



TOP TIP

Unwashed makeup brushes and sponges are the perfect breeding ground for dirt and bacteria, which can result in breakouts. Here's how to keep them clean...

Give your powder brushes a good clean every 2–3 weeks, and clean foundation brushes once a week: mix a few drops of baby shampoo in lukewarm water in a clear glass. Swish brushes around the glass and then rinse with lukewarm water. Finally, pat dry and lie them down flat to air-dry.

LIGHTEN UP

There are loads of ways to add shine and luminance with makeup, but remember: subtle looks are always the most flattering. Look out for illuminating products that give a

fresh, radiant finish and go for workable colours that are easy to apply and blend well with your skin. Liquid illuminating products are easy to apply and have the most flattering finish. Use them (sparingly!) under your foundation or tinted moisturiser.

Clarins Instant Light Radiance Boosting Complexion Base corrects your skin tone and naturally illuminates the skin. Katafray bark extract leaves the skin feeling hydrated and soothed after application – and it's so effective that it can even be worn alone, after applying your day cream.

YSL's Touche Éclat Radiant Touch is an iconic highlighting product, used by women around the world for good reason. Dark circles, fine lines and all signs of fatigue are softened with a few clicks of this magical pen, and your skin is lifted by the Luminocaptide Complex (aka radiance boosting ingredient) it contains.

WAKE UP & GLOW

Get your glow back with the help of NIVEA's new Q10 plus Anti-Wrinkle Energy Range.



modern life means we're constantly on the go. Getting kids ready for school, long working hours and frustrating traffic sound familiar? No wonder our skin looks tired and dull. NIVEA Q10 plus Anti-Wrinkle Energy Range is the perfect 'pick-me-up' for tired-looking skin. The skin-energising formula supports your skin's natural Q10 and contains creatine to reduce fine lines and give skin back its radiant, healthy

glow. The secret ingredient in the Energising Day Cream SPF15 is the power fruit: goji berries. It reactivates the skin's power to fight fatigue and stress. The Energy Serum contains Hyaluronic Acid, which binds moisture in the skin to plump it up from the inside out, making it appear smoother. The cooling Energy Eye Roll-On works wonders on tired eyes. Apply in circular motions around the eye and gently pat into the skin to get rid of

those dreaded dark rings and puffiness. Team the NIVEA Q10 plus Anti-Wrinkle Energy Range with a healthy eating plan and you'll get your glow back in no time.



It's easy to neglect your hands – but chipped and ragged nails are never a good look. Here's how to keep them pretty and healthy.

9 steps to strong beautiful NAILS

TOP TIP:

When you don't have a cuticle stick handy, use the curved edge of an emery board to gently push back cuticles.



Cuticle Control

1

Keep your cuticles moisturised and supple with a good cuticle cream or oil. Never push them back if they're dry and dehydrated, and don't cut them – they protect the nails and roots by keeping them safe from bacteria. Use a reliable cuticle remover to soften the cuticles and then gently push them back with a cuticle stick. Get rid of dead skin cells by moving the stick in small circles over the nail.

We love

Essie Apricot Hydrate + Revitalize Cuticle Oil, R135
Essence Studio Nails Moisturizing Cuticle Cream, R38,95
Sally Hansen Instant Cuticle Remover, R79,95
UBU CutieCools Emery Tipped Cuticle Sticks, R49,95
Dr. Hauschka Neem Nail & Cuticle Pen, R271
UBU M'emery Files Emery Boards 5 pack, R31,95



beauty

BEAUTY EDITOR KELLI CLIFTON



2

Hangnail Cure

Hangnails are surely one of the most annoying (and sometimes painful) effects of nail neglect. These splits of dead skin around the fingernails are formed when the skin in that area doesn't have a good supply of moisture and simply dries out. If you get a hangnail, soak it in water or an oil solution to soften it and then just clip off the little tag of skin with sharp nail clippers. Clip it short and do it early to prevent it from getting worse, but don't skip the soaking step: clipping the hangnail when it's still hard could result in the skin ripping more. They seem harmless enough, but hangnails are more than just an everyday irritation – an infected hangnail can lead to serious inflammation of the cuticles and other tissue surrounding the nail.

TOP TIP: Keep hangnails at bay by making moisturising a habit, not just something you experience when you have a manicure. Try to keep a tube of hand cream in your car – it's a good reminder to apply it every time you get in. And it's best if you also apply cuticle oil every day... I keep some on top of my desk to remind me.

We love

Tweezerman Zebra Print Nail Clipper, R200
Africology Cuticle Conditioning Oil, R185



3 lotions & potions

We love:

Sorbet Hydrating Hand & Nail Cream, R29,95
Creightons Argan Body Hand and Nail Cream, R55
Nuxe Rêve de Miel Hand and Nail Cream, R150

Use a cream that cares for your nails as well as your hands. Choose products with nourishing ingredients like vitamin E, argan oil, shea butter and sweet almond oil. For best results, apply after washing your hands.

4 GROWTH SPURT

Slow or poor nail growth can lead to breakages, splitting and brittleness. Like hair, nails are made of the protein keratin, and several factors contribute to slow nail growth: ageing, hormonal changes, chemotherapy, medications, nutritional deficiencies or other health problems. Eating well and caring properly for your nails will keep nails strong and growing at a healthy pace. To speed it up, try a nail growth treatment like Sally Hansen Nailgrowth Miracle Serum, R99,95, enriched with biotin. Apply daily and you'll soon see the results.



5 STRONG NAILS

Try these tips to keep nails strong and healthy:

- *Don't wash the dishes with bare hands – cotton-lined rubber gloves are cheap and readily available at most supermarkets.*
- *Use an acetone-free nail varnish remover. We love: Sorbet Hydrate Nail Polish Remover, R39,95.*
- *Drink plenty of water. If you are dehydrated, your nails will be, too.*
- *Apply a strengthening treatment to your nails. SpaRitual Protein Boost Strengthening Treatment for Brittle Nails, R220, is a good one. It prevents splitting and peeling, improves nail flexibility and conditions, too.*

6 NAIL-BITING STUFF

Nail biting is one of the most challenging habits to break. It can have long-term effects on your nails – and it's unhygienic too. Here's how to stop:

- 1) *Distract yourself: Carry a stress ball or coin, twiddle your thumbs or put your hands in your pockets whenever you have the urge to bite.*
- 2) *Get a manicure: If you pay for your nails to be done professionally, you're far less likely to want to bite them, especially if it's a long-lasting mani such as a Gelish or Shellac application.*
- 3) *Keep hands busy: Hobbies like knitting, cooking or even painting will keep your hands busy and away from your mouth. Plus, you may even discover a new talent!*

colour corrector

Old nail polish tends to leave nails stained and discoloured. Try one of these easy home remedies to get your nails back on track:

- 1) **Lavender oil:** Apply a few drops of lavender oil to the nails and use a nail buffer to buff out the stains.
- 2) **Lemon juice:** Squeeze the juice of half a lemon into a bowl and soak your nails for a few minutes before scrubbing with a toothbrush.
- 3) **Peroxide toothpaste:** Apply toothpaste containing peroxide to your nails and brush them with a toothbrush.



4 colours every woman should have:

CLASSIC RED: Crabtree & Evelyn Nail Lacquer in Apple, R160
NUDE: Nails Inc. London Nail Polish in Basil Street, R115
BOLD & BRIGHT: Revlon Nail Enamel in 923 Orange Flip, R99,95
EVENING WEAR: Essence Colour & Go in 180 It's Raining Men!, R24,95

going green 9

Some hand washes and soaps can dry out your nails, making them brittle and weak. Avoid soaps that contain triclosan, a harsh chemical usually described as 'antibacterial'. Instead, choose products that contain natural antibacterial ingredients, like eucalyptus and tea tree oil.



We love
Oh-Lief Natural Hand Wash Lavender Roman Chamomile and Tea Tree 150ml, R110





FOOD EDITOR
JUSTINE KIGGEN
PHOTOGRAPHS
ANÈL VAN DER MERWE

gorgeous easter lunch

Easter marks that convergence of seasons where soups, salads, stews and sweets can all be piled on the table at the same time – enjoy the bounty!

Minted rocket and pea soup
recipe on page 108



Avocado, baby leaf & blueberry salad with walnut dressing

Serves 6

FOR THE SALAD

2 avocados, peeled and sliced
120g mixed baby leaves
250g blueberries
100g blue cheese, crumbled
Sea salt and black pepper

FOR THE DRESSING

1 small garlic clove, minced
2 tsp honey
1 tbsp white balsamic vinegar
1/3 cup olive oil or walnut oil
100g walnuts, toasted and roughly chopped

1. In a large bowl toss together all the salad ingredients. Season.

2. For the dressing: Place the garlic, honey and vinegar in a small jug and whisk to combine. Slowly add the oil, whisking constantly. Stir in the walnuts and season well.

3. Pour dressing over salad, toss to combine and serve immediately.

Lamb shanks in a rich tomato sauce with white bean purée

Serves 6

6 lamb shanks
1 cup flour mixed with 1 tsp smoked paprika
2 tbsp olive oil
2 tbsp butter
3 garlic cloves, finely chopped
6-8 baby onions, peeled
3 carrots, peeled and cut into chunks
8 anchovies, chopped
1 tbsp dried rosemary
2 bay leaves
Big pinch of crushed dried chilli
2 tbsp tomato paste
3 x 400g tins cherry tomatoes
1 1/2 cups red wine



Sea salt and black pepper
Handful of flatleaf parsley, chopped

FOR THE WHITE BEAN PURÉE

1 garlic clove, minced
2 x 400g tins white beans, rinsed and drained
1/4 cup chicken stock
2 tbsp chopped parsley
Olive oil for drizzling

1. Allow the shanks to come to room temperature. Toss in the seasoned flour and set aside.

2. Heat 1 tbsp olive oil and 1 tbsp butter in a large ovenproof pot. Add lamb shanks, brown on all sides and remove. Wipe out pot with paper towel.

3. Preheat oven to 160°C. Add remaining olive oil and butter to the pot, toss in garlic, onions and carrot and sauté until lightly golden. Add anchovy, rosemary, bay leaves and chilli and cook for another minute, stirring occasionally. Return lamb shanks to pot; stir to combine. Add remaining ingredients up to red wine, season and bring to a boil, then remove from hob, cover and place in oven. Cook for 2 hours, checking after an hour. Remove from oven and stir in parsley.

4. For the bean purée: Place all the ingredients, except the oil, in a pot and bring to a simmer. Remove, purée until smooth, season and drizzle with oil.

5. Serve shanks with the bean purée.



Lamb shanks in a rich tomato sauce with white bean purée





Vegetable terrine

Vegetable terrine

Serves 6-8

8 large courgettes, sliced into ribbons, (we used a mixture of regular and yellow courgettes)
2 yellow peppers, roasted and peeled
1 x 230g tub cream cheese
1 x 250g tub cultured cream/crème fraîche
2 tsp gelatin sponged with 2 tbsp water and melted
3 tbsp chives, finely chopped
Salt and freshly ground black pepper
100g mini asparagus spears, blanched
200g fresh peas

FOR THE ROMANESCO SAUCE

2 tbsp extra virgin olive oil
½ red onion, thinly sliced
2 garlic cloves, crushed
1 red pepper, peeled, seeded and chopped
1 tomato, diced
1 red chilli, seeded and chopped
1 tsp paprika
20g blanched almonds, roasted
20g peeled hazelnuts, roasted
1 tbsp red wine vinegar

1. Line a 26 x 10cm (1L) loaf tin with foil.
2. Toss the courgette ribbons in a little olive oil and cook on a hot griddle pan until lined and slightly charred.
3. Arrange courgette ribbons over the base and sides of the tin, overlapping to ensure there are no gaps. Reserve some courgettes for the top.
4. Cut the peppers into large slices. Place half the peppers over the base of the tin.
5. Combine cream cheese, cultured cream, melted gelatin and chives. Season well. Spread 1 cup of the mixture over the peppers.
6. Top with half the asparagus and peas. Repeat layers with remaining ingredients. Cover the final layer with the remaining courgette ribbons.
7. Cover the top with foil and chill in the fridge for 6 hours or overnight.

8. **To make the romanesco sauce:** Heat olive oil and fry onion and garlic until soft. Add red pepper and remaining ingredients and cook for 5 minutes. Blend mixture until smooth and season to taste.
9. **To serve:** Unmould terrine and slice with a hot, sharp knife. Serve with a dollop of romanesco sauce.

Minted rocket & pea soup

Serves 6

1 tbsp olive oil
3 baby leeks, washed and finely sliced
2 large potatoes, peeled and finely cubed
1.2L chicken or vegetable stock
600g frozen peas
100g wild rocket
10g mint
Sea salt and white pepper
Olive oil and fresh mint, to garnish
Cheese straws to serve

1. Heat a medium-sized deep pot, add the olive oil, toss in the leek, sauté

until just golden, toss in the cubed potato, sauté for an additional minute then pour in the stock, bring to a boil and simmer for 10 minutes.

2. Add the peas, rocket and mint, stir to combine. Remove the pot from the heat and, with a handheld blender, blitz until smooth. Return pot to hob and gently reheat. Season to taste.
3. **To serve:** Ladle the soup into 6 bowls, top with a drizzle of olive oil and some fresh mint leaves. Serve with warmed cheese straws.

Citrus and almond Easter cake

Makes 1x 2-tier cake

575g cake flour
1½ tbsp baking powder
½ tsp salt
250g butter, softened
440g castor sugar
1 tsp almond extract
4 large eggs, at room temperature
2 cups buttermilk
75g mixed citrus peel

FOR THE ICING
200g butter, softened
600g icing sugar
½ tsp almond extract
3 tbsp milk or water
Speckled eggs and Easter biscuits, to decorate

1. Preheat oven to 180°C. Grease and line 2 round baking tins with baking paper – one 22cm in diameter and the other 16cm in diameter.
2. Sift together dry ingredients and set aside. Cream butter, sugar and almond extract until pale and creamy. Beat in eggs one at a time, beating well after each addition.
3. Alternately fold in dry ingredients and buttermilk. Then fold in peel.
4. Divide batter between baking tins and bake for 50–60 minutes until golden and baked through. Allow to cool.
5. Beat together icing ingredients until pale and fluffy. Ice cake and decorate with speckled eggs and biscuits. ♣

Citrus and almond Easter cake





These internationally-inspired Easter treats are perfect at any time of day.



your daily bread

FOOD EDITOR
JUSTINE KIGGEN
PHOTOGRAPHS
ANËL VAN DER MERWE

Polish-style blueberry bubka wreath
recipe on page 113



Hungarian-style jammy shortbread
recipe on page 112



Greek-style Easter bread

Greek-style Easter bread Makes one large loaf

1/2 cup warm milk
1 tbsp honey
1 x 10g sachet active instant dry yeast
300g cake flour
1 tsp salt
30g castor sugar
2 eggs
100g butter, cut into cubes
1 egg, beaten for brushing
3 eggs, hardboiled and soaked in red food colouring

1. Place the milk and honey in a jug, stir to dissolve the honey. Add yeast. Set aside in a warm place for 10 minutes or until yeast is bubbly and frothy.

2. Put the flour, salt and castor sugar into the bowl of a food mixer with the dough hook attached. Add the 2 eggs and butter and the yeast mixture, and mix for 5 minutes or until you have a sticky but firm dough. Remove the dough from the mixing bowl, place in another bowl and cover with a tea towel; allow to rise until doubled in size – about 1 hour.

3. Knock back the dough and knead for 2 minutes on a floured surface.

4. Divide dough into 3 equal pieces; roll each piece out into a long sausage shape. Press the ends of the 3 sausages together, then plait the dough. Press together again at the other end. Place on a greased baking tray and brush with beaten egg. Allow to stand

for 30 minutes, or until doubled in size. In the meantime, preheat the oven to 180°C. Lightly push the red eggs into the plaited dough at intervals.

5. Bake for 40–50 minutes until golden and baked through. Remove from oven and cool completely before slicing.

Hungarian-style jammy shortbread Makes 12 squares

FOR THE BASE

200g butter, cut into cubes
100g castor sugar
1 egg yolk
1/2 tsp vanilla extract
250g cake flour
50g cornflour
Pinch of salt

FOR THE FILLING

1/2 cup sour cherry jam

FOR THE TOPPING

2 tbsp demerara sugar

1. Preheat the oven to 180°C. Grease and line a 23 x 23cm square baking tin.

2. Place the butter in a bowl, add the sugar and beat until pale and creamy. Add the egg yolk and vanilla and continue to beat until combined.

3. Sift together the flour, cornflour and salt and stir into the creamed mixture until it forms a dough. Form mixture into a ball, cover with clingwrap and refrigerate for 30 minutes.

4. Cut off 2/3 of the dough and return the remaining 1/3 to the refrigerator. Press dough into prepared tin. Place in the oven and bake for 15 minutes. Remove and allow to cool completely.

5. Top the baked shortbread with the jam, then grate the remaining 1/3 pastry over it and sprinkle with sugar.

6. Return to the oven and bake for another 15–20 minutes. Remove, cool, then slice into squares.

Polish-style blueberry bubka wreath

Serves 8

400g cake flour, plus extra for dusting

1 x 10g sachet active instant dry yeast

50g castor sugar

2 tsp salt

1 cup warm milk, plus extra for brushing

1 extra-large egg

50g butter, softened

2 tsp vanilla extract

FOR THE FILLING

70g demerara sugar

1 tsp ground cinnamon

FOR THE BLUEBERRY SAUCE

200g frozen blueberries, defrosted

100g demerara or muscovado sugar

Zest and juice of 1 lemon

60g butter, melted

Icing sugar, for dusting

1. Place flour, yeast, sugar and salt in a large mixing bowl.

2. Beat milk and egg together; add to dry ingredients along with the butter and vanilla. Mix to form a soft dough. Add a little extra milk if needed.

3. Turn dough out onto a lightly floured surface and knead for 5 minutes until smooth and elastic. Place back in the bowl and leave to prove in a warm place for about an hour or until doubled in size.

4. Preheat oven to 180°C.

5. Roll out the risen dough into a rectangle about 1cm thick. Sprinkle sugar and cinnamon evenly over the dough. Roll the dough up into a tight roll and slice it in half lengthways.

6. Twist the two halves together, keeping the cut face exposed. Arrange in a circle on a well-greased, lined baking tray and pinch the ends together.

7. Brush with a little milk and bake for about 45 minutes or until golden and baked through.



English-style hot cross buns with chocolate and raisins

8. To serve: Blend sauce ingredients together, transfer to a small saucepan and boil for 5 minutes or until thickened. Pour into a jar and cool.

9. To serve: Drizzle sauce over the wreath and dust with icing sugar.

English-style hot cross bun pull-apart with chocolate & raisins
Makes 16 hot cross buns

500g cake flour

1 tbsp ground cinnamon

1 tsp ground mixed spice

½ tsp ground nutmeg

1 x 10g sachet active instant dry yeast

1 tsp salt

75g brown sugar

50g butter, melted

¾ cup milk, warmed

2 eggs, beaten

Zest and juice of 1 orange

FOR THE FILLING

150g dried cake fruit mix

80g dark chocolate, chopped

FOR THE GLAZING AND ICING

¼ cup golden syrup

1 cup icing sugar

2 tbsp water

1. Combine flour, spices, yeast, salt and sugar in a bowl.

2. Mix the butter, milk, eggs, orange zest and juice together.

3. Add wet ingredients to dry and mix to form a soft dough. Knead lightly for



Genovese-style
savoury Easter tart

1 x 400g tin artichokes, drained and chopped

600g baby spinach, chopped and blanched

50g parmesan cheese, grated

Salt and black pepper

2 x 400g ready-rolled puff pastry, defrosted

300g ricotta cheese

6 large eggs

100g sliced salami

100g thinly sliced ham

1 beaten egg, for egg wash

1. Preheat oven to 200°C. Grease and line a baking tray with foil.

2. Heat olive oil in a pan and sauté the onion until golden, add the garlic and fry for another 1 minute, add artichoke and spinach and cook until spinach is wilted. Remove, allow to cool, stir in parmesan and season well.

3. Unroll one of the pastry rolls and place on the baking tray. Crumble ricotta over, leaving a 2cm edge around the filling. Top ricotta with cooled artichoke mixture. Make 6 indentations in artichoke mixture and crack an egg into each indentation.

4. Top the eggs with a layer each of salami and ham. Lightly roll out the second roll of pastry and carefully place it over the filling. Crimp the edges together with a fork and trim off any excess pastry with a sharp knife. Brush pastry with egg wash.

5. Bake for 35 minutes, then reduce temperature to 180°C and cook for another 20 minutes or until pastry is puffed, golden and baked through.

6. To serve: Serve warm or at room temperature with sweet chilli sauce. ♣

a few minutes until smooth. Cover with a damp tea towel and leave to stand in a warm place until doubled in size. Knock back dough and roll out into a long rectangle about 1/2 cm thick.

4. Combine dried fruit and chocolate and sprinkle over dough. Roll dough into a tight roll and slice into 16 slices.

5. Arrange the slices in a well-buttered 33 x 22cm baking tin and leave to stand in a warm place for about 30 minutes, until doubled in size.

6. Bake 40 min or 'til golden brown.

7. To finish: Brush buns with syrup

while they're piping hot. Beat together icing sugar and water and pipe crosses onto buns. Serve warm with butter.

Genovese-style savoury Easter tart

Serves 4–6

FOR THE FILLING

2 tbsp olive oil

1 onion, thinly sliced

2 garlic cloves, minced



I love the peace of mind that comes from giving my family the best

For my family, Easter is all about spending quality time together and that's why I'm only comfortable giving them Freshline. Their wide range of delicious treats are baked and packed according to strict quality specifications and I can taste the difference! Freshline is baked daily with the finest ingredients and gives me the peace of mind to enjoy a top quality Easter.



SPAR 

freshline

PEACE OF MIND



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winywiny!

Last year I was asked to be on the judging panel of the annual Barrels and Beards competition, where all the winemakers from Botrivier sprout quite magnificent facial hair over a period of three months and ruthlessly compete with one another for Best Beard. It's an excellent party – absolutely rife with corruption and bribery, with hairy farmers sidling up and offering you all kinds of beautiful bottles under the table on the understanding that you will look favourably upon their furry faces when the time comes.

Luckily the judging is all about the beards rather than the barrels, because despite being an enthusiastic and dedicated consumer of the stuff, I am by no stretch of the imagination anywhere remotely near being an expert. Which the other three judges on the panel most definitely were.

So when one of them (Dave Swigler, I'm talking about YOU) invited us to lunch a few weeks later, I went into a flat panic about what wine to take. It's pretty much accepted that when you're invited to lunch or dinner in someone's home, you arrive with a bottle or two of wine for your host. But what do you give someone who can say things like 'what percentage malo?' or 'I find the nose well-reflected on the palate' with a straight face? (Just to clarify, despite the malo, Dave is one of the least pretentious and most knowledgeable wine people I know). But that didn't help me. And in my flat panic it struck me that there were quite a few similar wine-related questions that I didn't really know the answer to. So I did a bit of research on a few of them:

What you should take when a wine fundi invites you to lunch, and other winy questions...



1

rosé, but with a lot more vooma. But adding ice? Of course not. It will dilute it, and substantially alter the flavour.

Q: Does wine really need to breathe?

A: Sometimes it can soften tannins in young red wines, making the wine smoother and less harsh. But you need to pour it into a glass or carafe and let it stand for a while – simply taking the cork out is pointless because so little is exposed to the air.

Q: Does white wine make you more aggressive than red wine?

A: There's no scientific evidence on this but, if it happens, it may be because we tend to drink white wine so much faster than red, say the experts. Or it's possibly because white wines can contain much more sugar than red, and the combination of sugar and alcohol may be problematic.

PHOTOGRAPHS: ANEL VAN DER MERWE

Q: What should I take when invited to lunch by a total wine fundi?

A: Chocolate. Seriously – don't even go there. It is their pleasure and their place to teach you about wine ... just relax and enjoy it!

Q: In general, can you ask your host to open the wine you brought to the dinner party?

A: Afraid not – it's a gift, is the common consensus. Unless, of course, it's a BYOB party, in which case you're expected to drink the wine you bring, and it's perfectly all right. So even if you take a bottle of something gorgeous and your host is serving up rotgut, you can't do anything other than look at your bottle longingly.

Q: Can you drink red wine with fish?

A: Yes, especially with strong-flavoured fish like tuna or yellowtail or fish cooked in a strongly flavoured sauce. Similarly, if you want to drink white wine with meat, go right ahead – but make sure it's a full-bodied white that can stand up to the strong flavours. Basically, the recommendation these days is either to try to match the mouth-feel and weightiness of wine and food, or to deliberately counterbalance one with the other.

Q: Can you chill red wine, or add ice to it?

A: It may seem like sacrilege, but yes to the chilling. In summer specifically, because our summers are so hot – and also because a cooler temperature can really add to a light-bodied red, giving it all the advantages of a thirst-quenching

GREAT WINES TO TAKE TO OCCASIONS OTHER THAN LUNCH WITH A FUNDI



2



3



4

1. An informal al fresco lunch with your girlfriends: Robertson Winery Lightly Sparkling Sauvignon Blanc 2014 (about R50)

It's so light and sparkly you can drink a lot of it with impunity (because you know you will).

2. A Friday night braai with much-loved old friends: Rietvallei JMB Cabernet Franc 2011 (about R240) You'd better like them very much, because this is a really special wine.

3. A first dinner with new might-become friends: Babylonstoren Nebukadnesar (about R270) A beautiful blend – not ridiculously flash, but still noteworthy. And the label is gorgeous, so you can talk about that if there's a lull...

4. A really special celebratory dinner with your beloved(s): Tête de Cuvée 2010 Galpin Peak Pinot Noir (ahem, about R730) It is beautiful. That's all there is to say.

RAINBOW™

WHAT'S IN THE MIX
FOR YOUR NEXT MEAL?



Simply
Chicken™
No other meat but chicken

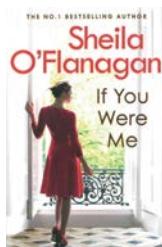


BOOKS

THIS
MONTH
WE
LOVE

If You Were Me

By Sheila O'Flanagan
(Headline Review)

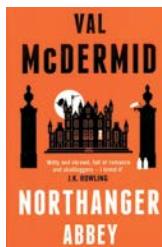


Carlotta O'Keefe is in the perfect relationship with her successful boyfriend, Chris, and their wedding day is set. She has a fabulous career, too, and could not be happier... Until she travels to Spain for work, misses her train home and bumps into her first love: Luke Evans. It has been 18 years since he disappeared and broke her heart. She was so sure he was out of her system, but is he really? Carlotta doesn't believe in fate, but she starts to question her life and future. Is she really happy with the life she has? This exciting book kept me guessing (anxiously) until the last pages. A must-read for romantics like me.

Crystal Matthews

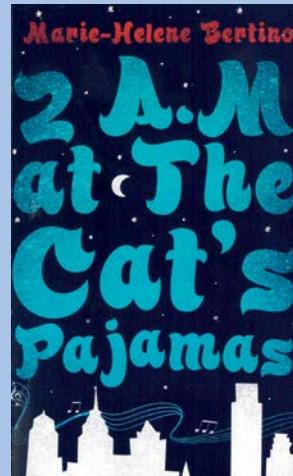
Northanger Abbey

Val McDermid
(The Borough Press)



In this modern take on Jane Austen's classic, 17-year-old Cat Morland lives a sheltered life with her parents in Dorset. She goes to Edinburgh with their wealthy neighbours and meets Henry Tilney at a dance class with his sister Eleanor. But there's something odd about the Tilneys and their overbearing father who has an unnatural hold over his children. Cat stays with them at Northanger Abbey, a grand country estate full of secret tunnels and turrets. Cat's overactive imagination and fascination with the supernatural give her cause to believe her hosts are hiding some very dark secrets.

Anèl van der Merwe



2 a.m. at The Cat's Pajamas

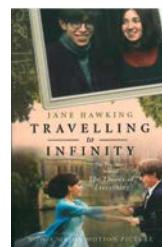
By Marie-Helene Bertino
(Crown)

Nine-year-old Madeleine sings Nina Simone songs in the mirror while smoking and practising her shimmy. Her guide to life? A book of how-to's her mom left before she died: 'how to sew a button', 'how to talk about a book you haven't read', etc. Her dad has disappeared into his grief, and Madeleine is left to fend for herself. After facing down her classmates and teachers at school, Madeleine decides to make her singing debut at the legendary local jazz club, The Cat's Pajamas. Fifth grade art teacher Sarina Greene moved back to Philadelphia after her divorce and feels out of place. She still dreams of making a real connection with her high school crush. Jack Lorca is also having a bad day. He is in danger of losing his jazz club if he can't scrape together \$30 000, and the musical misfits around him are less than helpful. Then, one night at 2a.m., their paths cross. A charming read.

Liesl Robertson

Travelling to Infinity

By Jane Hawking
(Alma Books)

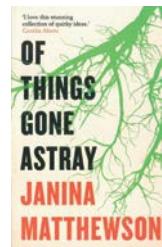


Jane Hawking, Stephen Hawking's first wife, has written a memoir of their time together during which he became a famous scientist while his body deteriorated as a result of motor neuron disease. Diagnosed soon after they met, he was about to embark on his PhD at Cambridge and Jane was doing a speed-writing course. This book is her candid account of balancing a family life (they had three children) and her own career with giving Stephen 24-hour care. I loved it and was kept engrossed by the amazing strength of Jane as well as the genius of Stephen, as she documents their journey together.

Sally Kramer

Of Things Gone Astray

By Janina Matthewson
(The Friday Project)



Jake lost his mother – now he's obsessed with loss. He collects lost items – from his school, on pavements, in airports – until his bedroom is filled with them.

Ex-spy Mrs Featherby has lost a wall of her house. Robert has lost his job – literally: the building in which he used to work has disappeared. Cassie's girlfriend never showed up. The keys on Marcus's piano have disappeared, and Delia has lost her sense of direction. The book jumps from one character to the next and some of their lives intertwine. It's New Zealand-born Janina's first novel – she's one to watch.

Sandra Parmee

Saving Grace

By Jane Green
(St Martin's Press)



Everyone thinks that Grace Chapman has the perfect life: a rich and famous husband, a beautiful house, a wonderful daughter, and everything she could ever dream of.

But things aren't quite as they seem. Her marriage is only just surviving, thanks to the help of husband Ted's efficient assistant Ellen. When Ellen has to leave, Grace hurriedly hires a new assistant, but she soon begins to suspect that Beth is not who she professes to be. Is she going crazy or is Beth plotting against her? Things soon take a turn for the worse, and in order to make them right again, Grace needs to reveal the dark secret that she has kept from everyone – including her husband. A gripping, emotional book that you'll find hard to put down.

Claire Lister

10:04

By Ben Lerner
(Faber & Faber)



Narrator Ben has received an advance for his second novel (which turns out to be *10:04*) after his first was well received (as Lerner's debut *Leaving the Atocha Station* was). It's clearly an echo of Lerner's own career. *10:04* was the time on the clock as it was struck by lightning in the film *Back to the Future*, the point at which Marty's time travels began. Time is similarly fluid in *10:04*, and the story takes detours via cardiology, meteorology, pigeons and artificial insemination. There are characters that could be the basis of a novel themselves, such as the girlfriend who faked cancer by starving herself.

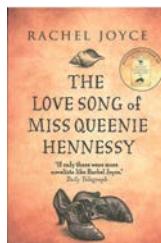
Don't let any of this put you off. Ben Lerner can write; this is a great novel.

Erla Rabe

PHOTOGRAPHS: SUPPLIED

The Love Song of Miss Queenie Hennessy

By Rachel Joyce
(Doubleday)



The Unlikely Pilgrimage of Harold Fry was about the walking; this sequel is about the waiting. The point of Harold's long walk up the length of

England (on the strength of a whim) was to see his old friend Queenie. She'd left suddenly, many years before, without explanation and he hadn't heard from her until her letter telling him she was dying. Joyce now completes the picture – from Queenie's perspective. She's in a hospice – and is waiting for Harold to reach her. Will he make it in time? At the suggestion of a carer, she writes to Harold in short bursts whenever she has the strength. Depressing stuff? You'd think so, but though the story is really sad, it's uplifting too.

Anna Rich

The Incarnations

By Susan Barker
(Doubleday)

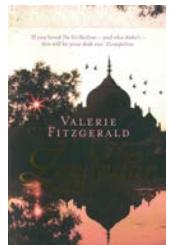


Beijing taxi driver Wang is happily married to Yida and adores his daughter. But his soul is slowly withering, possibly due to a growing sense of Yida's discontent, his own difficult upbringing and his mind-numbing job. One day a letter addressed to him is left in his taxi. The writer claims to be Wang's soulmate and companion through tumultuous reincarnations across centuries – a violent personal history stretching from the Tang Dynasty to Mao's Cultural Revolution. Wang is spooked, the police won't help him, and the letters keep coming... Barker's movingly lyrical, thought-provoking novel on how history leaves its mark on an individual's life will have you pondering immensities.

Sameena Amien

Zemindar

By Valerie Fitzgerald
(Head of Zeus)



Laura Hewitt accompanies her newlywed cousin Emily and Emily's husband Charles to India. During their travels there they meet many colourful characters, including Charles's half-brother, Oliver Erskine. He is a 'zemindar', or land owner, and he invites them to stay at his beautiful estate, Hassanganj. Things soon heat up between Oliver and Laura but their affair is interrupted when the Sepoy rebel against the British. Luckily the group escapes Hassanganj before the rebels reach it. They end up in Lucknow, where they are separated from Oliver and caught in a siege. Will they ever see Oliver again? And how will they survive the horror of what lies ahead? This is a beautifully told story of love and loss.

Anita Sonntag

E-BOOK
OF THE
MONTH

TWEET TWEET!



We were thrilled to discover that some of our favourite authors have active Twitter accounts. Their witticisms and commentary keep us going in between books. Check them out on the Twitter-sphere.

Jojo Moyes (@jojomoyes)

There are many reasons I hope my husband doesn't die, but the fact that all the technology in my house is now beyond me is quite a big one.

Making myself cry writing. Always such a weirdly satisfying part of this job.

Alexander McCall Smith (@McCallSmith)

In Atlanta, Georgia, a reader makes the helpful remark, 'You know, I think you'll be much more appreciated posthumously.'

Stephen King (@StephenKing)

On Twitter at last, and can't think of a thing to say. Some writer I turned out to be.



1

in your

Home

BY LIESL ROBERTSON

INTO THE WOODS

We did the homework for you! This month we found some beautiful natural wood pieces and figured out how to create more space – without adding any square metres.

1. DOME 500 PENDANT LIGHT (R3192)
MINIMA 2. WOODEN SPOON SET (R120)
MONO SHOP 3. SITTING TABLE LAMP
(R1199) ESQUE 4. LAMELLAE FRUIT BOWL
(R1199) RE-FINED 5. BA BA SHEEP HOOK
WHITE (R127) TINTOWN @ SPREE
6. HEXAGON SHELVES (R629 FOR SET
OF 3) B&K DESIGN AND DECOR @
SUPERBALIST 7. LATTICE LANTERN (R250)
WOOLWORTHS 8. LARGE EISH LAMP MID
BROWN (R160) DECORATIVE DETAILS
@ SPREE 9. ESPRESSO CUP (R200)
LOVE MILO @ SPREE 10. IPHONE 5/5S
MOON METAL CHERRYWOOD COVER
(R349) HOUDT AT IFIX 11. WOODEN TRAY
(R850) WOOLWORTHS 12. SQUARE FOSSIL
COFFEE TABLE (R4999) @HOME
13. HEART STORAGE BOX BROWN
(R270) SANTOS @ SPREE 14. MODERN
HEXAGON MIRROR (R110) @HOME
15. SPICE SWIVEL (R275) WOOLWORTHS
16. OLIVE WOOD BOARD WITH MEZZA-
LUNA (R299) WOOLWORTHS 17. TOASTY
BREAD BOARDS (R160 FOR SET OF 2)
ROYAL SIMPLE SHEEP @ WE HEART THIS



fyi

16

This handy board is made from sustainably sourced olive wood, a hardy, hygienic and non-porous wood containing high levels of natural oils that curb the absorption of odours, germs or stains from food.



17

7



7



8



6



9



10



14



13



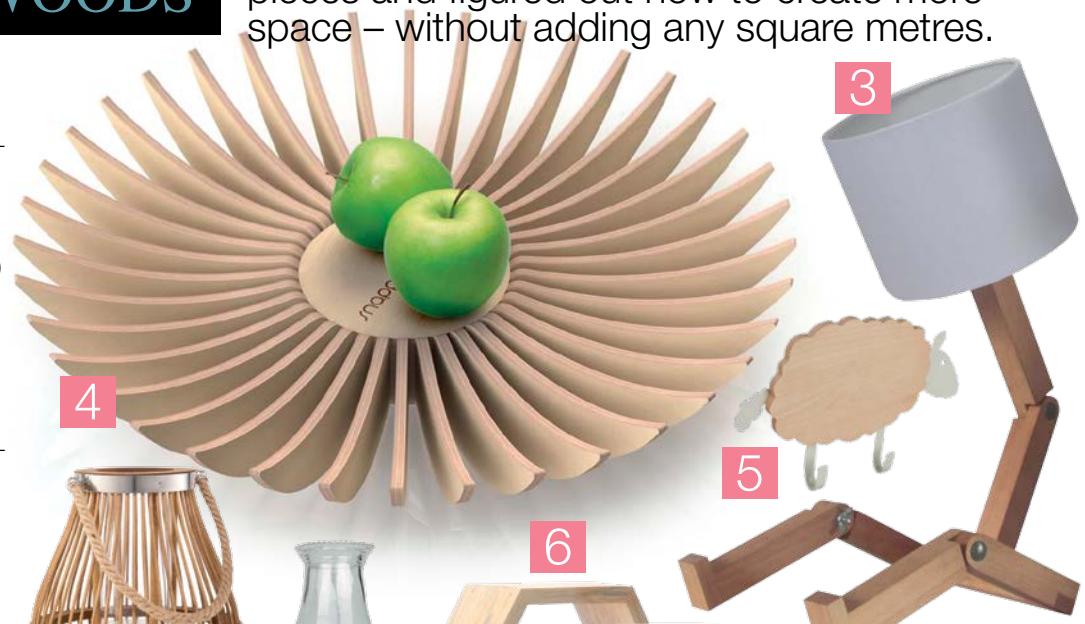
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15



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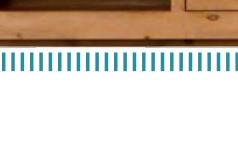
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6



6



6

PICK
of the
MONTH

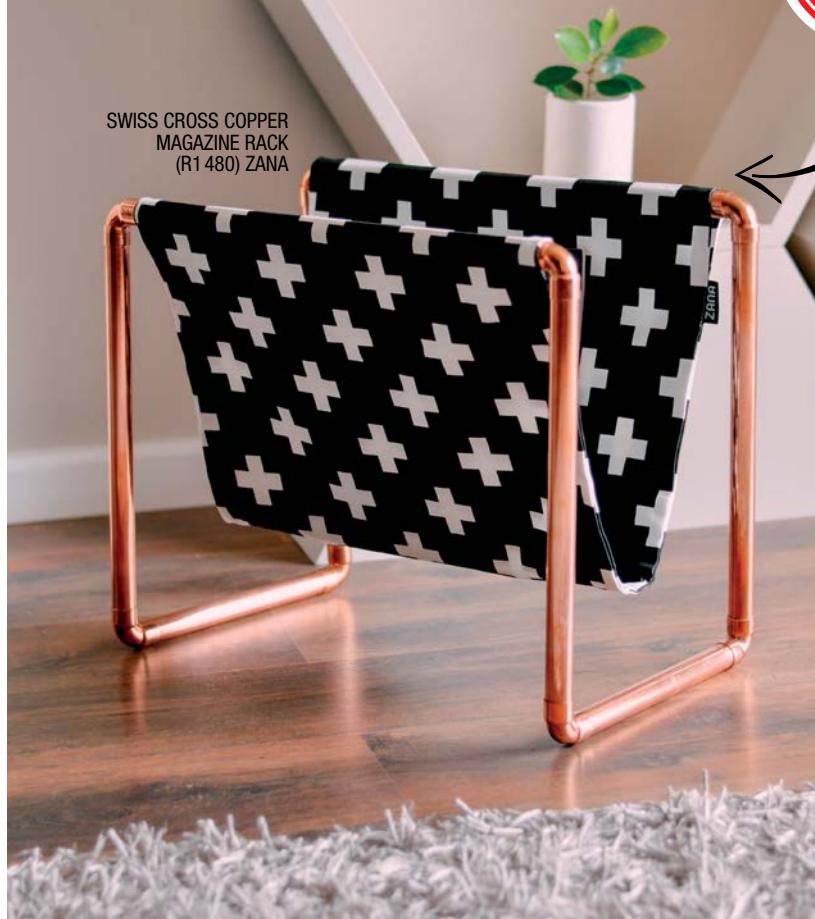
Zana magazine rack

SWISS CROSS COPPER
MAGAZINE RACK
(R1 480) ZANA

We love this Scandi-inspired magazine rack by local creative brand Zana. It's made from 100% cotton hand-screen-printed fabric and 22mm copper piping, and the pattern is inspired by the Swiss cross. 'We thought it would be a fun geometric pattern that you could introduce into your home, one that we had not yet seen in South Africa,' says co-owner and creative head Robyn Britz.

TIP: The copper will discolour and tarnish over time, so keep it looking shiny and new by polishing it with Brasso from time to time. Just take care not to get polish on the fabric!

PHOTOGRAPHS: SUPPLIED, THINKSTOCK



7 TRICKS TO MAKE A SMALL SPACE SEEM BIGGER

Is your home feeling a bit cluttered and claustrophobic? You don't need a lot of space to make it feel spacious – it's all about lighting, choosing the right colours and making every nook count.

1. Mirror, mirror

This is an oldie but a goodie: mirrors are the quickest, easiest way to make a space look bigger than it actually is – they make walls seem less imposing and solid, and they reflect light to help brighten up dark corners. Not sure where to hang them? Choose a spot where it's naturally dark.

2. Furniture finds

Making a small space work is all about finding clever solutions – think hollow ottomans for extra storage space, or anything that can be folded away or stacked.

3. Lighten up

Instead of having just one overhead hanging light, add varied lighting elements to other parts of the room. Secondly, wash your windows! Nothing opens up a room like natural light.

4. Paint trick

A light colour palette will help to expand a space, so go for soft, muted tones on the walls. Steer clear of pure white though – it can have a cold effect. For the ceiling, go for a dark colour – this creates depth and draws the eye up, making the ceiling appear higher.

5. Trick the eye

Floor-to-ceiling bookcases and long drapes will draw the eye up, making ceilings look higher, while a striped floor or glass table give the appearance of floor space. Sofas and armchairs that are raised on legs also help create a sense of space.

6. Breathing room

Using every single bit of shelf space can make the room feel very busy. Instead, leave some empty

space on shelves and bookcases, and keep all your surfaces clear of day-to-day clutter. Remember: not every wall needs art and not every couch needs a coffee table.

7. Bigger is better

Everything doesn't need to be space-saving or teeny-tiny – an oversized hanging light or a statement armchair will make more of an impact than lots of small pieces.



in your

Kitchen

What is a simnel cake?

Simnel cake is a light fruitcake made to celebrate Easter. It's topped with a layer of marzipan and 11 marzipan balls that symbolise the 12 apostles (excluding Judas, of course).



4 QUICK WAYS – EASTER TREATS

1. Fun Easter egg nest cupcakes

Cream 100g butter until pale, beat in 2 cups icing sugar and 3 tbsp milk until creamy. Spread icing onto ready-made cupcakes or pipe on using a star nozzle. Top with pieces of broken Flake chocolate and speckled eggs and serve.

2. Chocolate eggs

Melt 300g chocolate in a bowl

over a saucepan of boiling water (don't let the bottom of the bowl touch the water), then cool slightly. Clean and thoroughly dry 2 chocolate egg moulds. Fill moulds with chocolate. Place in the refrigerator and leave to set. Once firm enough to handle, carefully pop the chocolates out of the moulds and sandwich the egg halves together with a little extra melted chocolate to form whole, solid eggs.



BY JUSTINE KIGGEN
PHOTOGRAPHS ANEL VAN DER MERWE

Easter is about so much more than chocolate eggs. Try our delicious Easter bakes.

3. Fab fruity orange marmalade

Finely slice 1 large orange. Place the sliced orange into a small saucepan with 1 cup water and boil for 5 minutes. Add 1 cup sugar and boil for 10–15 minutes or until the mixture has thickened. Pour marmalade into a sterilised jar and serve on buttery toast or hot cross buns.

4. Quick Easter biscuits

Cream together 100g castor sugar and 200g softened butter until pale and fluffy. Add 300g cake flour and stir to form a dough. Press into a disc shape, cover with clingfilm and chill for 30 minutes. Roll out the dough and cut out Easter shapes. Bake at 170°C for 15 minutes until lightly browned. Ice as you want.



Tip

To keep chopping boards clean, scrub them with a mixture of 1 tbsp each coarse salt, bicarb and lemon juice and rinse with warm water.

ALL ABOUT: SHROVE TUESDAY PANCAKES

Traditionally, Shrove Tuesday symbolises the beginning of Lent in the Christian calendar, when pancakes were made to use up the last of the flour, eggs and milk left in the home before the fast began. Try this simple recipe: whisk together 1 cup cake flour, 3 large eggs, 1½ cups milk and 2 tbsp vegetable oil to form a smooth batter. Lightly oil a frying pan and pour in enough batter to form a thin, even pancake. Cook for 1 minute on each side. Serve pancakes topped with cinnamon sugar, golden syrup, fresh berries and a squeeze of lemon.



FOOD ASSISTANT: PIA-ALEXA DUARTE

TRIED THESE YET?



BEACON HENS EGGS

RRP R37,99 FOR 162g, AVAILABLE FROM SELECTED RETAILERS



WOOLWORTHS MINI HUGO BUNNY IS AN ADORABLE EASTER TREAT – AVAILABLE IN EITHER WHITE OR MILK CHOCOLATE RRP R10,95 EACH, FROM SELECTED WOOLWORTHS STORES



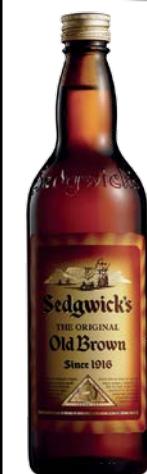
RHODES JAMS ARE NOW AVAILABLE IN CONVENIENT RESEALABLE 250g PLASTIC CUPS. RRP R9,99, AVAILABLE FROM SELECTED RETAILERS



TOTALLY CHOCOLATE BY ERIC LANLARD IS THE IDEAL BOOK FOR ANY CHOCOHOLIC, FEATURING OVER 60 DECADENT CHOCOLATE RECIPES. RRP R182, FROM SELECTED RETAILERS



THE SENSATIONAL NEW LE CREUSET STAINLESS STEEL COOKWARE IS BASED ON THE DESIGN OF THEIR ICONIC CAST-IRON CASSEROLES. NON-STICK FRYING PAN FROM R1 300 FOR 20cm AND SAUCEPAN FROM R1 500 FOR 16cm, FROM LE CREUSET STORES



SEDGWICK'S OLD BROWN SHERRY IS THE PERFECT TIPPLE ON A CHILLY NIGHT. R32,99 FOR 750ml, FROM SELECTED RETAILERS



PNP SPECKLED CANDY COATED CHOCOLATE EGGS RRP R34,99 FOR 8, FROM SELECTED PICK N PAY STORES



ENJOY EASTER WITH A CHOICE FROM **LINDT** – NEW GOLD BUNNY PAW 20g RRP R9,99; GOLD BUNNY MILK CHOCOLATE TRAY 50g RRP R34,99; GOLD BUNNY NEST 150g RRP R74,99, FROM SELECTED RETAILERS



*Prices correct at time of going to print; may vary from store to store.

in your

BY CARYN MCARTHY

Garden

These tips will help your plants to flourish in a hanging basket.



NICE IDEA

I recently visited the East Head Cafe at Knysna Heads and loved what they'd done with old enamel kettles, teapots and jugs. It's a striking, effective way of putting rusty old 'junk' to use. The restaurant itself is a must-visit when you're next in Knysna. Tel: 0044 384 0933

TIP

Scratch around in your cupboards and you'll be amazed at what could be used as a plant holder. This rusty scale serves as a perfect base for these cacti.

PHOTOGRAPHS: ANÈL VAN DER MERWE, SUPPLIED

expert advice



Richard Morris, manager of Starke Ayres in Mowbray, explains why you shouldn't use ordinary potting soil for your hanging basket, and tells us what to use instead.

'Choosing the appropriate soil can be a tricky business. Some are too sandy, or contain too much clay, and some heavier or indoor mixes with higher bark content render moisture retention in a windy or sunny courtyard impossible. I suggest selecting the soil according to your location, which, in most cases, would be a well-sieved uniform medium (your local garden centre can help here). Then, depending on your planter's position and the plants you plan to use, balance or improve the soil medium by adding peat moss, coco peat, perlite or vermiculite or, for cascading succulents, river sand.'



NOTE:
WE USED
MASTER
SUPERMIX FOR
OUR HANGING
BASKET



HOW TO PLANT *a miniature kitchen garden hanging basket*

A miniature veggie garden hanging outside your kitchen makes it easy to add wonderful flavours to your salads, stews and soups. It's simple to put together – just follow our easy step-by-step directions.



STEP ONE

Choose a sturdy basket that will stand up to the elements. Make sure it's galvanised to prevent rusting down the line.

STEP TWO

Cut out a circle from a black refuse bag, using the basket as a stencil – just make sure it's not too small. Line the base of your basket with the plastic; this is to prevent your water pouring out of the bottom when you water.

STEP THREE

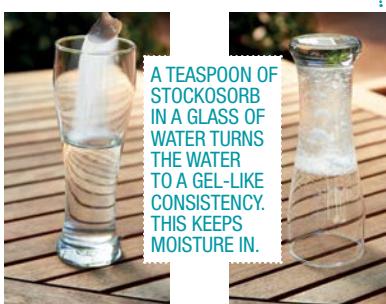
Tip in your master super-mix soil (see our expert

advice opposite), then add a teaspoon of Stockosorb. This product provides a continuously available water reservoir in the root zone, where the plant needs it. It's a similar concept to a nappy: when it's wet, the nappy swells up as it absorbs the moisture. Here, the granules absorb the water, keeping the root area moist.

STEP FOUR

Now your basket is ready for planting. We chose a variety of miniature veggies and herbs: bronze fennel, sage, butter lettuce, cos lettuce, cascading rosemary, strawberries, red and green spinach. Because they are miniature, they don't take over too much and with constant trimming and picking the basket remains pretty well stocked. Make sure you water it every day.

A TEASPOON OF STOCKOSORB IN A GLASS OF WATER TURNS THE WATER TO A GEL-LIKE CONSISTENCY. THIS KEEPS MOISTURE IN.



4



giveaway!

STARKE AYRES IS GIVING AWAY 3 KITCHEN HANGING BASKETS TO THE VALUE OF R350 EACH!

HOW TO ENTER: SMS the keyword **BASKET**, along with your full name, physical or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply.

CLOSING DATE:

30 April 2015.
For rules of the giveaway, see page 145.

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Pets



FEATHER DESTRUCTIVE BEHAVIOUR (FDB) is any form of self-inflicted feather damage in birds. How do you know your feathery friend is engaging in FDB? The manner in which they damage their feathers varies – look for anything from tattiness in some feathers, bald spots, areas where down feathers are visible or missing overlying feathers.

WHAT CAN CAUSE FDB? Common causes range from medical issues (like malnutrition, infections, system disease, allergies), to management issues (not enough sleep, bad caging and cage location, for example), to psychological problems (like over-dependence, threatening children or other pets, stress in the owner's life.)

HOW TO REDUCE FDB IN A FEW EASY STEPS: Once feather plucking is diagnosed and medical reasons for plucking have been excluded or treated, a few changes in the bird's environment can help.

- **Make sure it's getting enough sleep:** it needs a minimum of eight hours.
- **Interact:** sing, read, play games with your bird.
- **Change and rearrange toys:** this keeps interest up.
- **Identify triggers:** notice whether there is a pattern to when your bird plucks itself.
- **Mist/bath regularly:** this induces normal preening behaviour and deters plucking.
- **Feed new foods:** this will interest your bird and occupy its time. Try offering fun foods like spray millet, and foraging foods to keep it busy.
- **Avoid stressing your bird:** some don't like their plumage stroked but do enjoy perching on your hand.
- **Don't stroke it on the back:** this simulates mating behaviour and, particularly in cockatoos, increases hormone levels, which can increase behavioural feather plucking.
- **Take it for check-ups:** visit your avian veterinarian or avian behaviourist.

From ruffled feathers and lighthouse toys, to rescued critters and more!



Ask Linda van der Poel

DipCABT (NOCN UK) Cert CABT
Animal behaviourist and positive reinforcement trainer



Q

Why is our Labrador such a mischievous dog? He's already six years old but there's nothing he doesn't destroy. He runs daily, has a Jack Russell companion, and is fed vet food, but he's still extremely naughty! What can we do?

Linda: I often hear this question about Labradors. You are providing for most of his needs, but he also needs mental stimulation. Labradors are a working breed of dog, and because they were selected for retrieving, they have a particular need to chew and carry objects in their mouths or they will 'self-employ', often causing damage and getting into trouble. Supply suitable chewable items – butternuts or other hard veggies that can be safely consumed, stuffed Kongs, or cow hooves – to keep your 'mouthy' dog busy. Supervise your pets to avoid choking. Rotate toys to prevent boredom. Use treat dispensing toys, half-fill a hard plastic children's pool with water for your Lab to splash around in, scatter food for your dog to find in the garden (provided you don't use pesticides or herbicides) or hide food and treats and turn it into a game. Find a Positive Reinforcement training school that caters for adult dogs, watch YouTube tutorials or find books and start training, because you CAN teach an old dog new tricks!

Linda van der Poel 073 665 0894 Linda@thinkingpets.com



THIS
MONTH
WE
LOVE...



Float their boat!

The ROGZ Lighthouse will provide priceless interaction between you and your furry friend – get throwing and let him get wet! The Lighthouse floats and stays upright, making it easy to spot in rough surf. R102,50 (one size only), available from Vetshops or go to www.rogz.com for more info.



LITTLE CRITTERS RESCUE CLUB



Lauren Namer is the founder of the Little Critters Rescue Club which helps small animals (like rabbits, Guinea pigs and hamsters) that desperately need rescuing. They have a safe haven, which includes a beautiful garden run and luxury accommodation, at her home in Joburg. She provides all rescues with the veterinary care, rehab, stimulation, exercise, nutrition, and love they need to be happy, healthy and ready for adoption. They can be adopted by anyone who can offer them the quality of life they deserve, and are rehomed responsibly, with home inspections and adoption rules. Lauren uses a Facebook page to educate visitors on the negative effects of breeding, to promote critter care and adoption as well as to encourage sterilisation. For more info, contact Lauren on 072 731 7397, lauren.namer@iburst.co.za or www.facebook.com/LittleCrittersRescueClub



Best buys

How do you decide on the the right mattress?

Before facing those rows of mattresses in the bed shop, use our great mattress guide to avoid confusion.

our guide to buying MATTRESSES

IS IT TIME TO BUY A NEW MATTRESS?

Your mattress can still feel comfortable long after it has lost its ability to provide your body with the comfort and support it needs. A mattress should be replaced after about 7–10 years – even if it has a lifetime guarantee. If you feel any lumps when you lie down, it's time for a new one. Other signs are creaks when you or your partner rolls over, or waking up with aches and pains that last all day.

HOW TO DECIDE ON THE BEST MATTRESS FOR YOU

- **Don't buy online.** It's important to test a mattress before you buy.

- **Lie down** Rest on the mattress in the shop for at least 15 minutes. That's the only way you can decide whether it feels comfortable to you. Spend at least five minutes on each side and on your back (or your stomach, if you sleep like that).

- **What do you and your partner weigh?** Most manufacturers classify mattresses based on the load they are going to carry. Some foam mattresses make changing positions difficult because of the way they conform to the body.

- **Does the mattress support you both** without the lighter one rolling towards the centre? Do you have enough space? We toss and turn more than you'd think – around 40–60 times

a night. Make sure you both have enough room to move around comfortably without disturbing one another. If one of you is a restless sleeper, an innerspring mattress with pocketed coils, or memory foam will keep the movements from rippling beyond that side of the bed.

- **Lying on your back**, your hand should be able to slide easily between the mattress and the small of your back. If there's a large gap and your hand goes in too easily, the mattress is too hard. If you can't slide your hand in between, then the mattress is a little soft.

- **Roll over.** If it takes effort, the mattress is too soft, but if it feels hard on your



I suffer from back pain – what do I need to look out for?

Orthopaedic surgeons recommend a mattress of medium firmness if you suffer from back or neck pain. Choose one with individual pocketed coils or springs for good support. If you prefer foam, make sure it doesn't sag and that it allows you to lie in a comfortable position for your spine.

To check whether your mattress is the cause of your back pain, note when you get the pain. Some pain is most likely related to sleeping posture, your bed or your pillow.

The worst position to sleep in is on your stomach. Because our beds are relatively soft, the lordosis or

arch in your lower back is increased in this position, causing compression.

Also, you have to turn your head to one side to breathe so your neck is rotated, causing one side to be compressed and the other elongated.

It's best to sleep in a 'neutral spine' position. Neutral spine refers to the 'natural' curvature of the spine.

Sleeping on your side is best as it helps to maintain the optimal neutral spine, particularly if you have a good pillow and bed. If you lie on your back, put pillows under your knees as this helps flatten out the lumbar lordosis and maintain neutral spine.

See our feature on backache on page 76.

shoulders and hips then it is too firm.

• **Does the mattress keep your spine in the S-curve** that characterises good posture? It should allow your spine to assume the same curve when you lie down as when you're standing.

IF YOU SLEEP ON YOUR SIDE:

You'll need sufficient support at your heaviest points (shoulders and hips), which exert the most pressure while offering support at the waist. Memory foam or a mattress with a padded top relieves pressure, while a very firm mattress offers the least relief. Inner-spring mattresses tend to give more pressure relief than foam ones.

IF YOU SLEEP ON YOUR STOMACH:

A firm top surface (too soft, and you'll sink into it, which would have a suffocating effect) with a dense innerspring is a good choice.

IF YOU SLEEP ON YOUR BACK:

You need a supportive material for your lower back, but it should have some give to keep other parts of your spine correctly aligned.

DON'T LET PRICE AND LOOKS INFLUENCE YOUR CHOICE (TOO MUCH)

• **A comfort test is the most important consideration.** Start with the most expensive bed you can afford and move down the range until you find the most comfortable one.

EXAMINE THE MATTRESS

• **Look at details like the coil size and density of an innerspring mattress**, and the foam density and size of ventilation holes on a foam mattress.

• **If you're after a bit of bounce**, then innerspring mattresses are best for you. The gauge of the metal coils range from 12 (thick and firm) to 18 (thin and most compressible). Those who weigh more usually prefer thicker gauges. Inter-connected coils tend to be more durable – which becomes more important as weight increases. On the other hand, individual pocketed coils reduce the effect of one person's movement on the other. Innerspring mattresses usually have a fibrefill or foam layer covered in quilting. But don't base your choice on this; it will compress over time; go for a firmer, well-

quilted mattress, then cover with a mattress pad or feather bed. For inner-spring mattresses, consider a matching base.

• **If you prefer a firm mattress**, go for a layered foam mattress – these don't have much give beyond the top layer. Ask for the specs on foam density and thickness – the greater the depth, the more you'll sink; the less dense the foam, the poorer the quality.

IS IT REVERSIBLE?

Both the surfaces should be bearing surfaces. This allows you to turn the mattress when necessary. Some even come with two handles, which is handy.

WHAT SORT OF GUARANTEE IS OFFERED?

A service warranty – which is offered for a longer period than a guarantee – is offered by the manufacturer, not the retailer. If a factory fault occurs within your guarantee period, the manufacturer repairs or replaces the item at their discretion (there might be a delivery charge involved). Generally, within the guarantee period there is no charge if there is a factory fault, but within the service warranty period there is a charge. Insist on a no-substitutions clause in the sales agreement, in case the bed you've ordered is out of stock. When delivered, check for stains and damages. Insist on a replacement if you're not happy.

KNOW THE LINGO

TICKING is the outermost layer – and it makes a big difference to comfort. The stitching is important; it binds the ticking to the top padding, which affects how the mattress feels. A large quilt

pattern provides a deep, cushioned feel; a smaller pattern tends to feel firmer.

TOP PADDING is usually polyurethane foam, with or without polyester batting, which provides a soft feel and helps to dissipate perspiration.

COILS provide the main support in a conventional innerspring mattress. Heavier-gauge coils provide a stiffer suspension, and lighter-gauge coils feel springier. Some manufacturers design the edges of the mattress with more closely spaced coils, slabs of stiff foam, or thicker wire. Stiffer edges keep you from feeling as though you'll roll off, and they provide sturdier edges.

BOX SPRING Generally expensive, it is just a wood frame enclosing stiff wire. Companies often pair the same box spring, or foundation, with mattresses in various price ranges, so you may save by buying a higher priced mattress with a lower-priced foundation. If you buy an extra-thick mattress, consider pairing it with a low-profile box spring to reduce height. Box springs just support the mattress; they aren't springy.

HOW TO CARE FOR YOUR BED

• **Use a mattress protector** to protect your investment and keep it hygienic.

• **Air your mattress occasionally** and vacuum regularly.

• **Rotate the mattress** counter-clockwise (head-to-toe) every two weeks for the first three months and thereafter, every month. The upholstery layers are designed to compress with use, and the area the body weight is concentrated on will be compressed most. Rotation varies the areas of compression.

HOW WE TESTED

QUILTED: The protectors were tested by an independent laboratory for: dimensional stability (shrinkage*) after washing, tensile strength** and absorbency. We also assessed fit, and staining of liquids (tea, coffee and juice) on the fabric.

WATERPROOF: These were tested for: dimensional stability after washing (shrinkage*), water resistance, comfort and fit.

*All the protectors met the standard (SABS approved) percentage in our tests, but ratings reflect highest and lowest shrinkage percentages when we compared the results. ** Tensile strength is the resistance to breaking under tension.

MATTRESS PROTECTORS

QUILTED



GRANNY GOOSE LINEN RANGE

About: R430 (Single), R635 (Double) and R685 (Queen) from www.grannygoose.com or 0860-388387

Fabric: 100% cotton percale, 200 thread count.

This protector is a good thickness, and the cotton fabric is soft and breathable, providing excellent comfort. Performance is excellent – minimal shrinkage after multiple washes, high tensile strength. Absorbency was good; liquids didn't seep through to the underside. In our staining tests, marks were more apparent than in others. An excellent, if expensive, choice.



@HOME

About: R199 (Single), R249 (Double) and R259 (Queen)

Fabric: Filler 100% polyester; Outer 70% polyester/30% cotton. A strong protector with high tensile strength and good absorbency – water resistance was better than most tested. This protector shrank a moderate amount after washing compared to some of the others, but was still within the standard requirements. Most of the stains washed out with ease; although they remained very slightly visible, this was to an acceptable degree. A good performer.



BOARDMANS MP2 COMFY

About: R219,95 (Single), R299,95 (Double) and R339,95 (Queen)

Fabric: Inner 100% polyester; Outer 100% polyester. A comfortable and inexpensive mattress protector. Performance was adequate in most of our tests; there was noticeable shrinkage after washing compared to some others tested, but this was acceptable and well within standard requirements. Tensile strength was also not as high compared to some others, though fair. Absorbency proved to be good. None of the stains was apparent in our tests after washing – an excellent result.



LOADS OF LIVING LUXURY

About: R359 (Single), R379 (Double) and R399 (Queen)

Fabric: 100% polycotton

A good protector – well constructed with an easy fit, and also one of the best performers in our shrinkage test. It has good tensile strength and absorption was adequate. Most of the deep stains reduced well in our tests but remained slightly visible after washing. A good allround performer which is also reasonably priced.



SHEET STREET PREMIER LINE

About: R140 (Single), R190 (Double) and R210 (Queen)

Fabric: Top cover 100% polyester; Filling 100% polyester; Bottom cover 100% polypropylene. An affordable, budget-friendly buy. Performance was impressive in our shrinkage test, there was little shrinkage and hardly any change in the product after multiple washes. Tensile strength was adequate, although not as strong as some of the others tested. Absorbency was fair in our tests, and most stains removed easily. A cost-effective, practical choice.



PROTECT-A-BED

About R698 (Single), R895 (Double) and R978 (Queen) from The Bed Centre

Fabric: Main panel 100% cotton; Lining 100% polyurethane laminate; Filling 95% cotton/ 5% polyester; Skirt 100% polyester. This protector is also waterproof – setting it apart from the others in this category and adding value. The fabric feels soft and breathable, providing optimum comfort. Tensile strength was acceptable – not as high as some of the top rated ones tested. We noticed slight shrinkage in our tests, but this was still within the required standards. Waterproofing was good; no liquid seeped to the underside. Deep stains were still evident after washing.



Go online for the complete survey with all the other products we tested.

WATERPROOF



PROTECT-A-BED

About R419 (Single), R589 (Double) and R619 (Queen) from The Bed Centre

Fabric: Main panel 80% cotton/ 20% polyester; Skirt 100% polyester; Lining 100% polyurethane laminate

Effective performance and an excellent buy, if a bit pricey. It excelled in our shrinkage test. Waterproofing is very good; it repelled liquids and protected the mattress well. The fabric is soft and breathable, and not noisy, making it optimally comfortable. Good construction; easy to put on and take off, with a snug fit.



SHEET STREET

About R159 (Single), R250 (Double) and R279 (Queen)

Fabric: 20% polyester, 80% cotton with a polyurethane lining. We were impressed with the shrinkage performance, which was one of the best in this category – we found after numerous washes and dries, there was little change or shrinkage. The fabric felt soft and comfortable, and not firm to sleep on. We found the cut a bit small compared to some of the others, making it a bit more awkward to get a snug fit. Water resistance was fairly good in our tests. Its affordability makes this a good budget buy.



BOARDMANS MP3 SOFT TOUCH

R269,95 (Single), R339,95 (Double), R399,95 (Queen)

Fabric: 50% cotton, 50% polyester; Backing polyurethane. This mattress protector fits on the mattress with ease – it is well-made and easy to put on and take off. In our tests, it prevented the water from soaking through, but we still felt a slight dampness compared to some of the others we tested. Shrinkage was acceptable in our tests. A comfortable protector with a good fit and it is reasonably priced.



WOOLWORTHS

About R250 (Single), R375 (Double) and R395 (Queen)

Fabric: Pile 100% cotton; Base 100% polyester; Backing polyurethane. This protector showed minimal shrinkage in our tests after numerous washes. Great waterproofing; the bedding effectively kept liquid from seeping through to the underside. The cut is not undersized and provides a good fit with the mattress. The stretchiness made it easy to put on and take off the mattress. The fabric was fairly comfortable to sleep on, and not noisy.



WHITE HOUSE

About R269,95 (Single), R339,95 (Double) and R359,95 (Queen) from www.whsa.co.za

Fabric: 100% cotton; base polyurethane.

This protector provided an excellent fit – it is well-made and the cut is perfect, making it easy to put on and take off. The fabric felt soft and breathable, and not stiff, making it very comfy to sleep on. Waterproofing was very good in our tests. We found this protector shrunk a moderate amount after washing compared to some of the others – but it was still acceptable and within the required standards. A good all-rounder with an excellent fit.



WHY A MATTRESS PROTECTOR?

• It keeps the mattress clean and dry. It prevents staining, which increases the lifespan of the mattress. • It provides extra comfort and support. • Gives some protection against bed bugs; dust mites.

TYPES OF PROTECTORS

COTTON: Firm, dense feeling; often hypoallergenic. Woven fabrics guard against dust mites and allergens.

POLYESTER: Inexpensive; simple polycotton blends are popular. Polyester-polypropylene blends with vinyl good for waterproofing.

WATERPROOF: Soft towelling feel; protection from bed wetting, bodily fluids, pets and perspiration.

TIPS: • The higher the thread count, the more luxurious the feel.

• For the best protection, look for a protector with a pore size of eight microns or less. • If you suffer from allergies or sensitivities to certain fabrics, buy a hypoallergenic one. • Look for a protector that is breathable and machine washable. • Measure the width of the mattress and buy a cover a bit bigger than your mattress.

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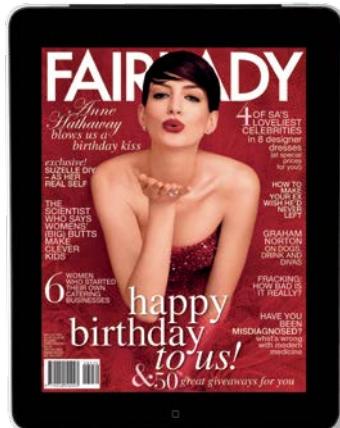
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87% of women
stated that Double
Serum boosts the
effectiveness of
skin care applied
afterwards*.

&



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*Satisfaction test – 95 women – 4 weeks.

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How to enter

SMS the keyword, your full name, physical and/or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply or visit dailystix.co.za to enter online.

CLOSING DATE: 30 April 2015.
For rules of the competition, turn to page 145.

1

Win a **Revlon Ultra HD lip hamper valued at R1500!**



Keyword: **REVLON**

2

Win a **Mr Price Home gift voucher valued at R500!**



 mrphome

3 Win an **Ocean Basket** voucher worth **R500!**



Keyword: **OCEAN**

6 Win two **selfie sticks** valued at **R299** each!



Keyword: **SELFIE**

9 Win an **Almay** Smart Shade Butter Kiss hamper valued at **R1 500!**



Keyword: **ALMAY**

12 Win a gift from **Linen Drawer** valued at **R1 000!**



Keyword: **LINEN**



4 Win **Carrol Boyes** KISS salad servers valued at **R550!**

Keyword: **CARROL**

7 Win a Nine West handbag from **Spree.co.za** valued at **R1 200!**



Keyword: **SPREE**

10 Win a **Lancôme** La Vie Est Belle fragrance (50ml) valued at **R1 035!**



Keyword: **LANCÔME**

13 Win a **GLAD** hamper valued at **R500!**



Keyword: **GLAD**

5 Win a set of **PANDORA** sterling silver shimmering rose earrings with cubic zirconia valued at **R999!**



Keyword: **PANDORA**

8 Win a **Boss** Femme fragrance (75ml) valued at **R1 030!**



Keyword: **BOSS**

11 Win a **Head & Shoulders** hamper valued at **R500!**



Keyword: **HEAD**

14 Win two new **Chaloner** gift packs valued at **R500!**



Keyword: **CHALONER**

15



Win a **Lacoste** Pour Femme fragrance (50ml) **valued at R790!**

Keyword: **LACOSTE**

18

Win a **POND'S** hamper **valued at R800!**



Keyword: **POND'S**

21

Win a Bio Performance Glow Serum from **Shiseido** **valued at R1 500!**



Keyword: **SHISEIDO**

24

Win a **Hill's** Ideal Balance pet food hamper **valued at R500!**



Keyword: **HILL'S**

16

Win an **Elizabeth Arden** Skin Illuminating hamper **valued at R1 825!**



Keyword: **ARDEN**

19

Win a **Vaseline** Hamper **valued at R600!**



Keyword: **VASELINE**

22

Win a **Boardmans** gift card **loaded with R1 000!**



Keyword: **BOARDMANS**

25

Win a bottle of **G.H.Mumm** champagne **valued at R500!**



Keyword: **GHMUMM**

17

Win a **Jinger Jack** Leather wallet **valued at R750!**



Keyword: **JINGER**

20



Win a **Bio-Oil** Hamper **valued at R550!**

Keyword: **BIO**

23

Win a **Philips** Sonicare EasyClean rechargeable powerbrush **valued at R1 249!**



Keyword: **PHILIPS**

26

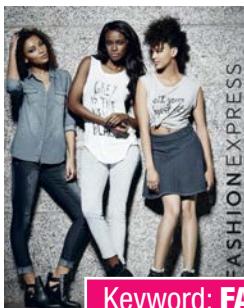
Win a **SodaStream** machine **valued at R899!**



Keyword: **SODASTREAM**

27

Win a **FASHION EXPRESS** voucher worth **R3000!**



Keyword: **FASHION**

30

Win 2 GA tickets for OneRepublic in JHB from **Big Concerts** valued at **R340** each!



Keyword: **ONEREPUBLIC**

33

Win an **ELIE SAAB** Resort Collection Limited Edition fragrance (50ml) valued at **R845!**



Keyword: **ELIESAAB**

36

Win the NEW Stainless Steel 20cm non-stick frying pan from **Le Creuset** valued at **R1 300!**



Keyword: **LECREUSET**

28

Win an **EXACT** Gift voucher worth **R1 000!**



Keyword: **EXACT**

31

Win a **LINDT** Easter hamper worth over **R800!**



Keyword: **LINDT**

34

Win a **Dr. Gobac** Cosmeceuticals hamper valued at **R1 674!**



Keyword: **GOBAC**

37

Win a **Mr Price** gift voucher worth **R500!**



Keyword: **MRPRICE**

29

Win a **Narciso** EDP Spray (50ml) valued at **R1 130!**



Keyword: **NARCISO**

32

Win a **Crabtree & Evelyn** hamper valued at **R650!**



Keyword: **CRABTREE**

35

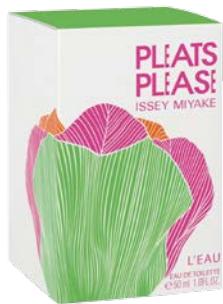
Win glasses from the new **Vogue** Eyewear collection valued at **R1 040!**



Keyword: **VOGUE**

38

Win a bottle of **Issey Miyake** Pleats Please L'eau spray (50ml) valued at **R695!**



Keyword: **ISSEYMIYAKE**

39

Win a **Titan** ladies timepiece from the Purple collection **valued at R1 695!**



Keyword: **TITAN**

40

Win an **Edgars** gift card loaded with **R1 500!**



Keyword: **EDGARS**

41

Win a Cellular Performance hamper by **SENSAI** valued at **R11 995!**



Keyword: **SENSAI**

42

Win a **KitchenAid** hamper **valued at R4 240!**



Keyword: **KITCHEN**

43

Win a **Lanvin** Marry Me fragrance (30ml) available exclusively from Stuttafords **valued at R595!**



Keyword: **LANVIN**

44

Win an **Oscar de la Renta** fragrance (30ml) **valued at R595!**



Keyword: **OSCAR**

45

Win a **Red Square** gift card loaded with **R1 000!**



Keyword: **REDSQUARE**

46

Win a Black Rose Precious face oil from **Sisley** valued at **R2 430!**



Keyword: **SISLEY**

47

Win a **KitchenAid** Artisan Mixer in Empire Red **valued at R7 990!**



Keyword: **KITCHENAID**

48

Win a **Karl Lagerfeld** fragrance (25ml) **valued at R495!**



Keyword: **KARL**

49

Win a **Clarins** Extra-Firming Tightening Lift Botanical Serum **valued at R695!**



Keyword: **CLARINS**

50

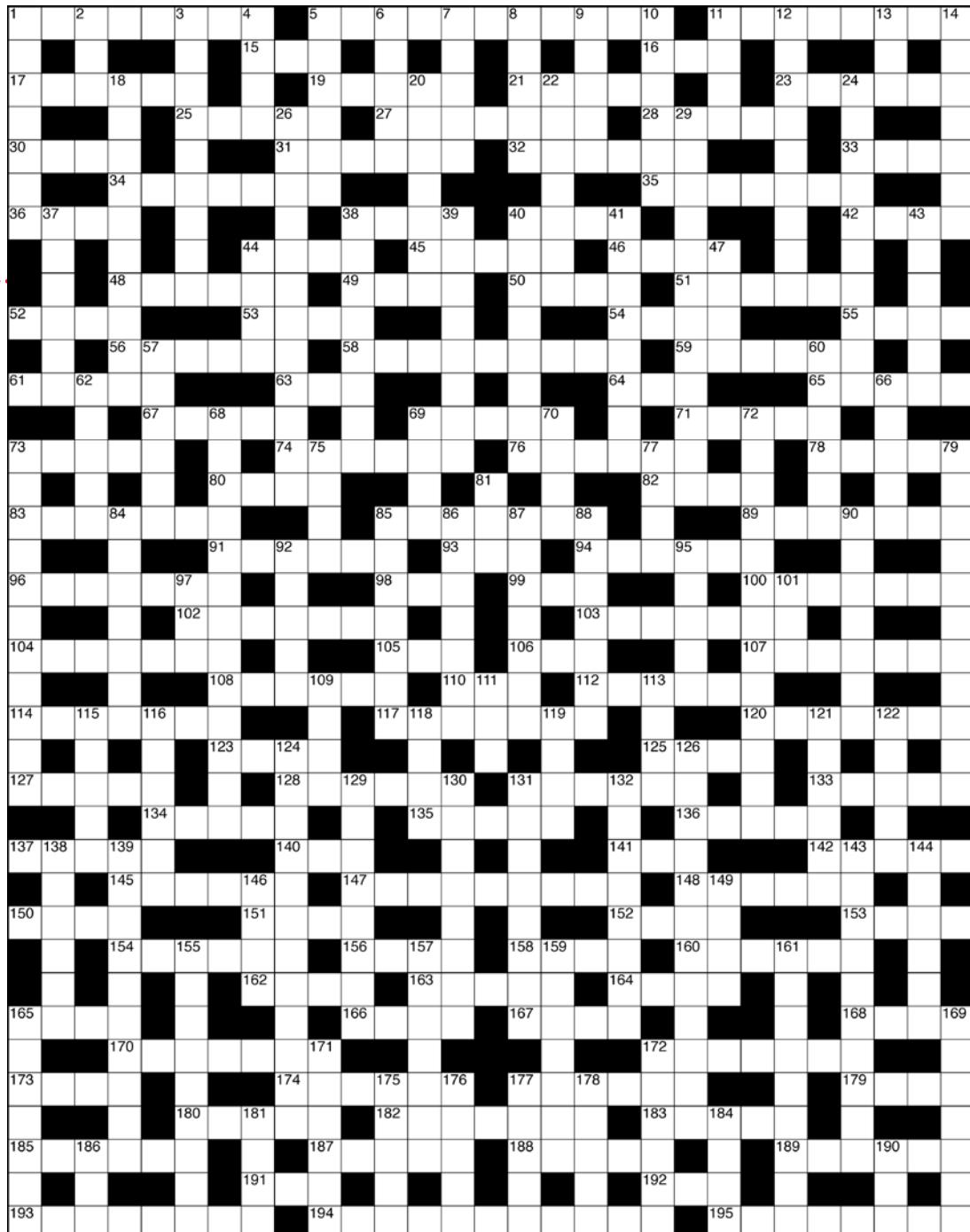
Win a **Sisley** Makeup hamper **valued at R1 970!**



Keyword: **MAKEUP**

MegaXword

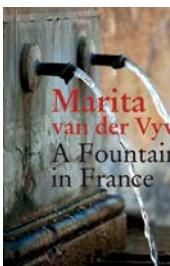
COMPILED BY CHRISTINE LOVATT



The senders of the first 4 correct MegaXword entries drawn will each win a Penguin Random House South Africa book hamper valued at R755!

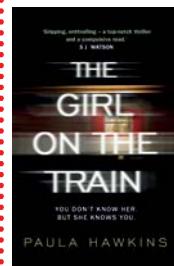
A Fountain in France by Marita van der Vyver

This book will be enjoyed by anyone who has lived or travelled in a foreign country – it touches on universal experiences shared by expatriates all over the world.

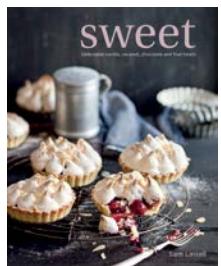


The Girl on the Train by Paula Hawkins

This gripping psychological thriller evokes comparisons with *Gone Girl* by Gillian Flynn.



Sweet by Sam Linsell
Sam Linsell presents you with an array of sweet temptations that will make you feel like a sugar-crazed kid again.



How to enter

Send your completed crossword, with your name, postal or physical and email address and telephone number, to FAIRLADY MegaXword No 106, Box 7183, Roggebaai 8012 to reach us by 30 April 2015. The editor's decision is final and no correspondence will be entered into. Prize may not be converted to cash. Staff members of Penguin Random House South Africa and Media24, as well as their advertisers, PR and digital agencies and their immediate family members, may not enter. Photocopies are not allowed. **CLOSING DATE:** 30 April 2015. For rules, see page 145.

ACROSS

- Cleanser
- Magazine pin-ups
- Clown's ball skill
- Cry of discovery
- Welcoming garland
- Set off
- Loose change
- Evaluate
- Responds
- Say
- Film audience
- Colourless fluid
- Piquancy
- Takes 40 winks
- Fluctuated (2-4)
- Bloodsucking insect
- Appreciate
- Slowcoach
- Dog, Great ...
- Snow-runners
- Stew, ... bucco
- Spheres
- Please reply (1,1,1,1)
- Skin sensor
- The N of NB
- Cummerbunds
- Push for
- Rim
- Ready (3,3)
- Hindu dress
- Designer, Christian ...
- Wind instrument
- Gulf War nation
- Foresight
- Bookkeeper
- To no avail (2,4)
- Insurrectionist
- Boxing legend, Muhammad ...
- ... or nothing
- Stares lasciviously at
- Pounced
- Neck and neck
- Riled
- French farewell
- Golf hole scores
- Power point
- Scientist, Sir ... Newton
- Bobs head
- Early harp
- Submarine missile
- Hunter
- Finances in advance

- Dissimilar to
- Non-government body (1,1,1)
- Excused
- Applause
- Cardiac monitor (1,1,1)
- Nought
- Toronto's province
- Version
- Essence
- Ask questions
- Common people, ... polloi
- Egg cells
- Abuts
- Addle
- Self-regard
- Embezzled
- Slant
- Peculiar
- Asthma sufferer's puffer
- Close
- Fertiliser ingredient
- Hormone organ
- Unjust
- Ornate
- Avoided, ... away from
- Inlaid piece
- Connect to the internet (3,2)
- Sanctuaries
- Snaking dance
- Negotiable (1,1,1)
- Took food
- Nigerian city
- Anonymous (heroes)
- Straggler (4-5)
- Abided by (rules)
- Squash (bug)
- Raw minerals
- Assistant
- Radio knob
- Festival
- Roman gown
- Samson's source of strength
- Engraver
- Type of sword
- Female voices
- Sicilian volcano
- Tick over (of engine)
- Knitting stitch
- Recompensed
- Soft drink
- Succinct
- Rainforest vine
- Wanderings

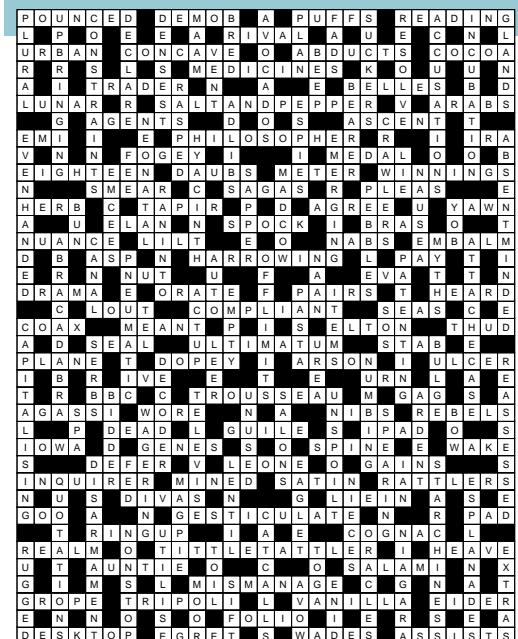
- Mongolian desert
- Hammered (in)
- Clock bird
- Washstand jug
- Pulls
- Oddity
- S American ranges
- Mark of disgrace
- Assignation
- School tables
- Down Under native
- See next page (1,1,1)
- Le or La in French
- Smooth (of transition)
- Seizes (property)
- Carved image

DOWN

- Tucked
- Chest bone
- Writing blots (3,6)
- Consider
- Witch's laugh
- Unworldly
- Damask blooms
- Fuddy-duddy
- Awful
- Slid violently
- Abandon
- Talkative
- International Olympic Committee (1,1,1)
- Chatterboxes
- Militant
- Biting
- Stirred up (interest)
- Insulting
- Killed (VIP)
- Versatility
- Make fizzy
- Gushing out
- Leakages
- Employs to excess
- Obsessed, having a ... mind (3-5)
- Watch out!
- Complete again
- Actor, ... Rickman
- Mistreat (3-3)
- Antiseptic solution
- Thorny shrub
- Rainforest vine
- Declarations

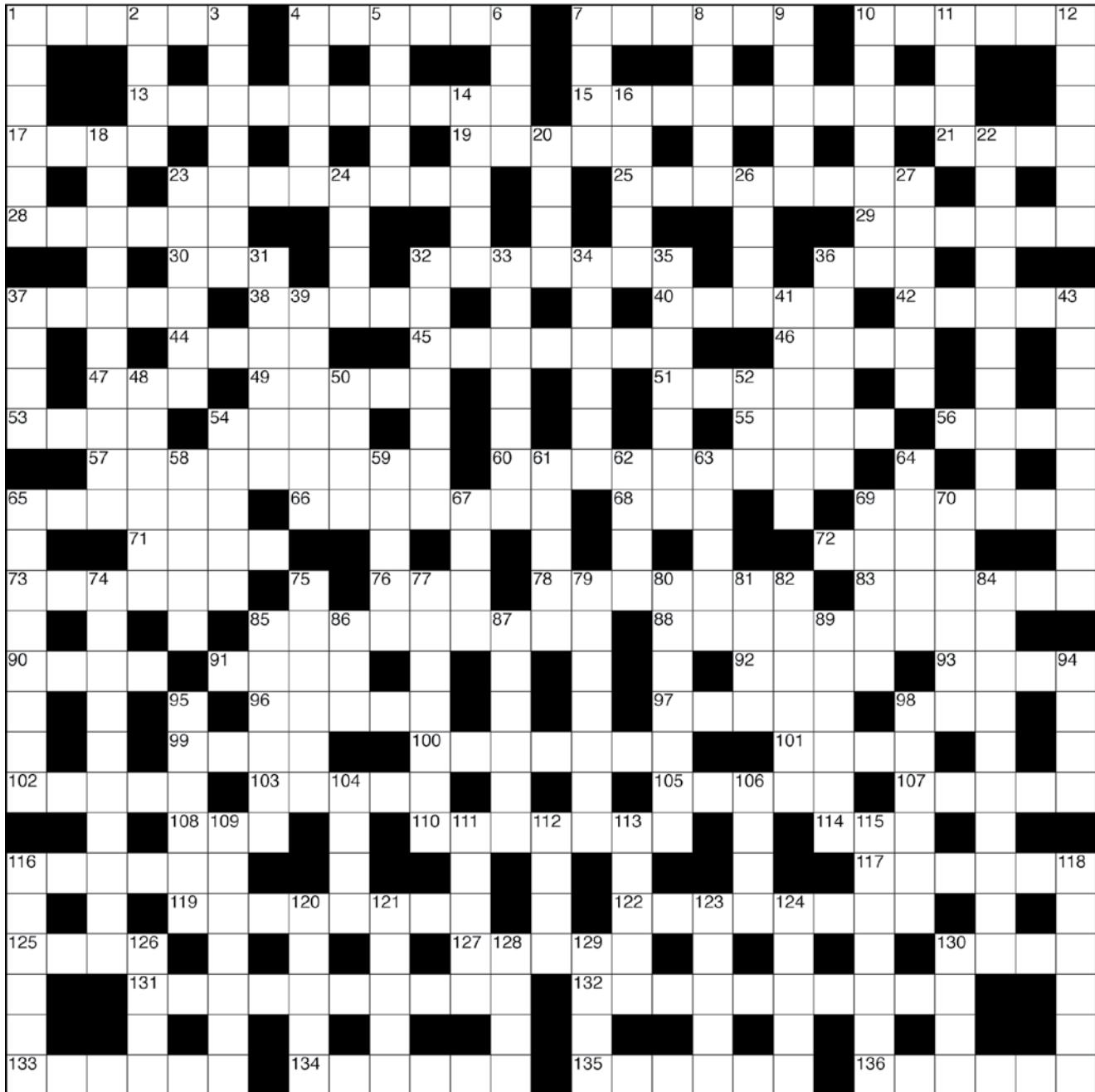
- Gaze lustfully
- Traditional wisdom
- Compulsive thieves
- Sanctioning
- Wine, ... spumante
- Model, ... Macpherson
- Jointly promoted
- Anti-tank weapon (1,1,1)
- Fighting terrier (3,4)
- Cuts first teeth
- More furious
- Floating wharf
- Issue (CD)
- Mechanical piano
- Composer, Andrew ... Webber
- Highway inn
- Meddle, dip an ... in
- Bushranger, ... Kelly
- Mend (socks)
- Jolly
- Musical work
- Sequence (of events)
- From Calcutta
- Labour
- Mum's mum
- Harass

- Fibbing
- Signing name
- Azalea plant
- Sound of walking
- Attendance check (4,4)
- Cutlet (4,4)
- Treatment lamp light
- Ahead
- Instinct (3,7)
- Letter recipients
- Approved
- Crotchet or minim
- Obsolete VCR format
- Clarify
- Prunes & weeds
- Routinely (2,1,4)
- Kitbag
- Eats
- Blow-up mat-tresses (3,4)
- Purgative, ... oil
- Wedding speeches
- Put by (3,2)
- Loves foolishly, ... on
- Obtain by begging
- Bladders
- Current units
- Single combat
- Irish group (1,1,1)
- He, ... or it

Solution to MegaXword No 104

Solution to No 106 will be in the June 2015 issue

Brainteaser



Brainteaser No 105
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Esse Organic Skincare is an Ecocert organic certified skincare line produced in South Africa. Esse makes cutting-edge products for the professional skincare market, specialising in natural products that are oh-so-good for your skin. Ingredients are wild sourced and purchased from around Africa to uplift rural communities. Esse offers the goodness of African plants, beautifully packaged in recycled glass bottles... what's not to like? Visit www.esse.co.za



YOUR HAMPER INCLUDES: Deep moisturiser • Toner plus
• Gel cleanser 100ml • Eye make-up remover

How to enter

Send your completed crossword, with your name postal or physical and email address and telephone number to FAIRLADY Brainteaser No 105, Box 7183, Roggebaai 8012 to reach us by 30 April 2015. The editor's decision is final and no correspondence will be entered into. Prize may not be converted to cash. Staff members of Esse and Media24, as well as their advertisers, PR and digital agencies and their immediate family members, may not enter. Photocopies are not allowed. **CLOSING DATE:** 30 April 2015. For the rules of the competition, turn to page 145.

ACROSS

- Set into surface
- Fed on pasture
- SA hero, ... Mandela
- Combined
- Moaned
- Most mischievous
- Football arbiters
- SE English county
- Can, is ... to
- Gaudier
- Core-group members
- Possible
- Thin candles
- Barack Obama's nation (1,1,1)
- Reconfigure
- TV frequency (1,1,1)
- Matter of concern
- Lead-in
- Internet post
- Edit (text)
- Sadistic Roman emperor
- Natural seasoning (3,4)
- Sergeants, Senior ... (1,1,2)
- Porridge flake
- Florida resort
- Share transaction
- Ireland's ... Fein
- Launder

- Swiss capital
- Crumbly Greek cheese
- Machine-design specialists
- Wins
- Render defenceless
- Quite taken (with)
- Exploit
- Go downhill
- Sips
- Naive person, ... in the woods
- Creatures
- Gentle stroke
- Disrobe
- Held for trial, on ...
- Early warning
- Revealed
- Melt
- Snow monster
- Regrettably
- Hyphen
- Chair & ...
- Jury
- Fitness club
- UK native
- Writing-fluid pot
- Huge
- Pituitary or adrenal
- Cults
- Occasion
- Dog restraint
- Expression of disgust

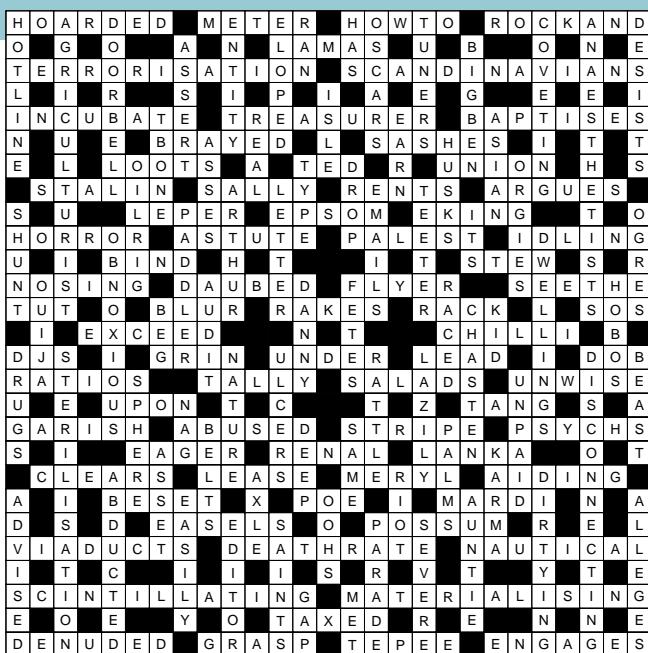
- Ripened
- City, ... Paulo
- Secure (a deal)
- Skillet
- Doggedness
- Again (4,4)
- Suspended
- Ice cream server
- Journalism
- Provoke
- Container
- Summarises
- Hardest to find
- Add-on building
- Lumpy body growth

- Abdominal muscles
- Weaklings
- Grille
- Brazil's ... Janeiro (3,2)
- Not censored
- Prompted (actor)
- Deadly sins number
- Recover from drinking bout, ... up
- Discussing
- Bass brass instrument
- Merchandise
- Redress
- Adjustment
- Gyrate
- Disbelief in deities
- January celebration (3,4)
- Crushed
- Quick look-over
- Dignified
- Throat protrusion (4'1,5)
- Sexual deviation
- Mock playfully
- Power point
- Hotel employees
- X-Men actor, ... Jackman
- Kidnap
- In profusion
- Well-groomed
- Dublin republic
- Run-down neighbourhoods
- Yawning gulf
- A law ... yourself
- Flee with lover
- Ethiopian or Kenyan
- Fellow beneficiary
- Snuggle closely
- Bad temper
- Personal
- French pancake
- 1 000 mm
- Mideast region, ... Strip
- Euro unit
- Black & white ocean predator
- Must-have

DOWN

- Congenital
- Circle parts
- Dents in cheek
- Strong winds
- Innocence excuse
- Defective rounds of ammunition
- Cat's lives
- Epics
- Took notice of
- Bring to light
- Tiny amount
- Puts off
- Weird
- Discontinuing
- Paving slabs
- Voyage
- Honeycomb harvesters
- Flowing smoothly
- Cease
- Imaginative plan
- Least risky
- Aviator
- Brightest (future)
- Scientifically examine
- Sloping typeface style
- Stinging weeds
- Open sores
- Favours owed (1,1,2)
- Squeaks and rattles
- Actually
- Delayed
- Records
- Interrupting cough

Solution to Brainteaser No 103



Solution to No 105 will be in the June 2015 issue

The winners of MegaXword No 103 and Brainteaser No 102 appear on page 144.

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 to 9. You can't change the digits already provided in the grid. Each puzzle has just one correct solution. Find it on page 144.

HARD

6	7		5		1
	8	1	6	7	
3			4		
	9	2		7	
	2	7	4	1	
	4		6	9	
		7			8
		1	9	5	7
1		5	2	9	

		7		5	1
				4	6
		7	4		8
4	2	6	8	9	
			1		
	8		7	5	3
	8		5	6	
2	6				
9	4			1	

MEDIUM

			4		5	1
8	6	7	5		3	
4						9
9	2		6			5
8			1	9	7	
9					8	
	8		3	6	5	1
5	2		7			

2	5	6		3
		5	2	
	1		7	
6			1	8
1	5	9	2	
3	5	4	1	
	7	6		
	7	1		
2		4	1	5

		9			3
5	2			1	9
	5			7	2
2			1	4	3
1			5		4
	7	6	3		5
3	8		6		
	9	1			3
6			4		7



your STARS

ARIES

21 MARCH – 19 APRIL

Good news is coming your way, with lots of luck in the money and business departments. You'll have to work for it, though – probably even harder than usual. Which means you won't have much time for home and family, who are needing special attention right now. Try to keep your evenings free – and spend time listening to your loved ones. You may find they've been saying the same things for a long time – and you've been too busy to hear. The lunar eclipse on the 4th will help you change the vibes at home. A big smile wouldn't go amiss either.

CANCER

21 JUNE – 22 JULY

A spot of forgiveness and a lot more tolerance are what's needed here. And with that, your relationship will move forward into the kind of happiness you so desperately need. Be patient though. It may take a full month to get where you're going. Meanwhile, think about the possibility of joint ventures – as long as you make sure you negotiate the details after the lunar eclipse (4th). And before you dive head-first into a very hectic year, spend some time having fun. You've forgotten how good it can feel.

LIBRA

23 SEPT – 22 OCT

All the information you need to take the next step – and that means specific details – will shortly be revealed. The lunar eclipse on the 4th focuses on the career. After the 18th, money comes from unexpected sources. Your love life is doused in the golden rays of the sun. And for those with more varied taste, (wicked!) romantic hors d'oeuvres will be served up via the office. There are riches coming your way soon. Allow yourself to be spoiled for a change.

CAPRICORN

22 DEC – 19 JAN

Navigating the waters towards success may reveal a few of the larger sharks. No worries. You can handle them with one hand tied behind your back. Take care though of some deception that's afoot during the first two weeks of the month. Consult with someone who can see these things more clearly than you can. Watch for a happy surprise around the 18th, when the door to success will be flung wide open. It really is never too late to have a happy childhood.

TAURUS

20 APRIL – 20 MAY

Your closest relationship seems to be moving backwards, as your lover becomes edgy and insecure. So be gentle. And avoid all discussions about commitments until after the lunar eclipse on the 4th. You'll understand what's needed by then. Money is on the way. You're earning more, but also spending more. Don't worry too much, though. Your career is advancing as you ease your way casually up the ladder of success. All your efforts are being noticed, and your plans are working out.

LEO

23 JULY – 22 AUG

Mighty cosmic powers are joining forces to grant your every whim. You want it? You got it. You have the energy of 10, and enough charisma to mobilise an army. Not that you want to do that. Concentrate instead on keeping your ego intact. This is simply another phase in your life. So enjoy it – but appreciate it too. Oh, and incidentally, avoid breaking any hearts before the lunar eclipse (4th). In fact, don't make any big decisions at all before the 12th. That way you'll cover all the bases.

SCORPIO

23 OCT – 21 NOV

Yes, you're trying to be gracious and charming, but basically you're just bulldozing your way through. In fact, you simply won't take no for an answer, will you? Which is fine, in that no one's going to push you around this month. But don't expect to make too many friends either. Strangely enough, this won't bother you too much. You're in the mood to test yourself to the limit – to try everything new and push the envelope. Should be fun, if you like that sort of thing. Just try to stay alive. And get ready with the apologies for when you finally wise up.

AQUARIUS

20 JAN – 18 FEB

Quite frankly, you couldn't care less if your home burst into flames. And wouldn't you know it, that's exactly where the planets are dragging you off to right now. In which case, you might as well do as you're told. Sort out your home, relatives and friends – as quickly as you can – and get back to what you were doing in the first place. Which was making a vast fortune, enjoying a glowing love life and rising through the ranks at work. Nothing wrong with that.

GEMINI

21 MAY – 20 JUNE

Emotional and physical energies will be devoted to home, family and personal needs this month. So even though problems at work seem to be stagnating, let them take care of themselves. This is a time to allow things to happen instead of making them happen. Your self-esteem will improve after the 8th, and a new optimism, combined with clarity and insight, helps you on your way. Be kind to yourself. Remind yourself how much you've accomplished already. Relax a little.

VIRGO

23 AUG – 22 SEPT

Heaven forbid that you should ever get into a 'me-first' phase. That's simply not who you are. But still, you're as close to pure selfishness as you're likely to get. And so what? The point is, don't waste the energy. While it's here, take what you want. That aside, this is a month for either travelling abroad or, at the very least, moving way out of your usual orbit. Money is good and sensual pleasures are abundant. Passion is your yardstick – as in, if it doesn't ignite the fires, it's not worthy of your attention. Simple as that.

SAGITTARIUS

22 NOV – 21 DEC

Your ruling planet is finally moving forward (from the 8th) after months of dragging its feet. You can't help but feel a new surge of energy and enthusiasm. Nor can you avoid experiencing a fascinating new range of opportunities at work. Speedy financial progress is made. Even your love life is starting to make sense again. The only drawback is a possible uprising by the workers, which affects the bosses among you. No need to panic. The problems will be resolved fairly quickly – and you'll charm your way through the rest.

PISCES

19 FEB – 20 MARCH

Okay, so you were hoping for magic wands and fantasy trips around the world. Maybe next month. For now, some interior work. And we're talking rapid, inexplicable growth in the emotional and psychological departments. Get some help if you want to avoid going nuts. Otherwise, romance looks intriguing (if you have the courage to follow your heart) and the career is being helped by friends and relatives. Don't argue. Take what's offered – for once.

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VALHALLA
H SWART, BRYANSTON
N MINAAR, CRAWFORD
H VAN ZYL, MARAISBURG
C LEGGE, MOOI RIVER
A LABUSCHAGNE,
MILNERTON
E JORDaan, CENTURY
C SENEKAL, KLERKSDORP
M BUNNING, CENTURION
C FOUQUEREAUX,
GLENWOOD
E HADFIELD, GORDON'S
BAY
S GALICHAN, CENTURION
C VAN DER WALT,

STELLENBOSCH
A VALBOM, BEDFORDVIEW
N MYBURGH, ROBINDALE
J BRANDT, STELLENRIDGE
A FIGG, MIDRAND
S LIEBENBERG,
BRYANSTON
E REDELINGHUYSEN,
SANDTON
E VENTER, BIG BAY
A COBLEY, GLENWOOD
J HUTCHINSON, BENONI
A EVERITT, MONTAGUE
GARDENS
G REDFERN, MUSGRAVE
G ROUMBIES, GLENWOOD
S ABRAHAMS, RANDBURG
C LESLIE, NEWLANDS
C PRETORIUS, CENTURION
C HICKLING,
BLOEMFONTEIN

C MACHIU, UITENHAGE
C WARD, PLETENBERG
BAY
M DIAMOND, SEDGEFIELD
A SUDWARTS, SEAPONT

MEGAXWORD 102

N JOHNSTON, WETTON
E BRUNT, THORNTON
R HADINGHAM, BENONI
C DREW, SPRINGS

MEGAXWORD 103

S PIOVESAN, VREDEHOEK
C HAYES, BERGVLIED
M KULLIN, HOWICK
C FELDT, GREENFIELDS

FAIRLADY MAURITIUS COMPETITION

H BEYERS, KUILSRIVER

SOLUTIONS TO *Sudoku*

HARD

6	2	7	9	3	5	4	8	1
4	8	1	6	2	7	9	5	3
3	5	9	8	4	1	6	2	7
5	9	6	2	1	8	7	3	4
8	3	2	7	9	4	1	6	5
7	1	4	3	5	6	8	9	2
9	6	5	4	7	2	3	1	8
2	4	3	1	8	9	5	7	6
1	7	8	5	6	3	2	4	9

MEDIUM

8	4	7	3	6	9	5	1	2
1	3	9	5	2	8	7	4	6
6	5	2	7	4	1	3	8	9
4	2	5	6	8	3	9	7	1
3	7	6	9	1	4	8	2	5
9	1	8	2	7	5	6	3	4
8	5	4	2	1	3	9	7	6
4	7	8	9	3	6	5	1	2
5	9	4	8	3	2	1	6	7

7	3	9	6	4	2	8	5	1
1	8	6	7	5	9	3	2	4
2	4	5	3	8	1	7	6	9
3	9	2	8	6	7	1	4	5
4	3	9	1	2	7	5	8	4
9	6	2	3	7	1	5	8	4
7	1	4	5	8	9	3	2	6
3	5	8	4	6	2	7	1	9
5	4	1	7	3	6	8	9	2

7	8	9	4	2	1	5	6	3
5	2	6	3	7	8	1	9	4
1	3	4	5	6	9	7	8	2
2	6	5	8	1	4	3	7	9
8	1	3	9	5	7	2	4	6
9	4	7	6	3	2	8	1	5
3	5	8	7	4	6	9	2	1
4	9	1	2	8	5	6	3	7
6	7	2	1	9	3	4	5	8



PHOTOGRAPH: THINKSTOCK, SUPPLIED

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Binky *the* principle

It's the 14th of February, Valentine's Day. I am not a huge fan of Valentine's Day because, like Facebook, it's pretty much designed to make you feel you're having a worse life than everyone else in the world. It's all lose-lose: if you're not in a relationship, you feel as though everyone else in the world is; and if you are, you think everyone else in the world is in a better relationship because their partner is so much more romantic than yours is. Fortunately, in our house Valentine's Day is largely viewed as nothing more than a day where eating chocolate for breakfast is not only allowed, but obligatory.

As usual, it being Saturday, we're in the middle of nowhere, on a farm. It was meant to be a family weekend away, but the teens were having none of it: they have people to see and places to go... accompanying their parents to a remote farm apparently fits into neither of these categories, though we are people and this is a place. Just not in their eyes.

Fifteen, through skillful manipulation of timing and fuzzy arrangements, has succeeded in his efforts to stay in town. But Fourteen is limp, glassy-eyed and running a huge temperature, so she has no choice – she has to come with us. She sleeps all the way there, goes straight to bed when we arrive and wakes late into the morning.

'Happy Valentine's Day,' she croaks, when she finally stops sleeping and comes through to our room.

'Thank you, my sweet sick baby,' I say. 'I did get you some chocolate' – her feverish eyes light up with joy – 'but I'm afraid we ate it last night.'

'How could you do that?' she wails. 'I'm sick!'

'We didn't think you'd pull through,' says my husband.

A few sheep are pressing their little woolly faces against the white picket fence outside our window (seriously – this is the kind of farm people paint on crockery in middle America). Fourteen musters all her strength to stage a walkout. The sheep scatter as she opens the door, then bunch together again in a – I want to say, 'tight-knit', but will resist the urge – group, all staring at her mutely.

'I've never been made to feel so unwelcome,' she says when she gets back. First the chocolate, then the sheep – it's turning into a tough weekend out here on the prairie for Fourteen. Specially since, as the only child here, she should be reveling in uncontested Binkyhood.

According to my friend Sarah, every family has a Binky. Binky is not exactly the favourite child, but it is the one that has most sway, with the mother in particular (of course fathers have the equivalent, but Binky is rarely the same child for both parents). I have noticed in grown up children that Binkydom is often conferred on the child that may have been wayward but has come back to the family fold. So the novelty factor of having them around – or at least vaguely coherent – might be what it's all about for the mother. Equally, it might be the shining star who always does everything right. In my family, Binky is my older brother, Mark. We've teased him about it so much that he even sometimes signs his emails 'Binky'. But the qualifications for Binkydom change all the time, as does the actual identity of the Binkmeister: it is rare that one Binky will remain unchallenged forever.

In our house, Binky's identity has been a hot topic ever since the kids could talk.

Fifteen: 'How come Fourteen has got a Kindle and not me?'

Me: 'It was her BIRTHDAY present.'

Husband (simultaneously): 'Because she's Binky. We prefer her to you.'

Or,

Fourteen: 'I want to be allowed to read as late as Fifteen.'

Me: 'You can't. He's older than you, so he can stay up longer.'

Husband (simultaneously): 'He can because he's Binky. We like him more.'

The truth is, as both Fourteen and Fifteen very well know, I do have a Binky. And his identity has remained unchanged throughout their lives, no matter what they do. It's the kid next door. ♣

Fifteen, through skillful manipulation of timing and fuzzy arrangements, has succeeded in his efforts to stay in town...

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